

December 2009



### My Bar Method Story

I am addicted to Bar Method! I just turned 54 and feel like I'm in the best shape of my life. Two years ago I weighed more than I ever have and everything on my body had fallen south. I didn't do anything about it until about this time last year when I started swimming six days a week. After a few months I wasn't noticing any changes except that I was feeling better, so I started going to a gym to lift weights. Little by little I started noticing small changes in my body. In July of this year I read about Bar Method and decided to give it a try. I went to my first class two weeks after they opened and I loved it. But I was only going to two classes a week and continuing to go to the gym 3-4 times a week. One day Bev told me that if I really wanted to notice a change, to make Bar Method work for me, that I should come to 4-5 classes a week. Well, that's all I needed to hear and I started going 4 times a week and I can't believe the change it's made.....not only for losing weight and inches, but for gaining my strength and balance back and dropping TWO pant sizes!

I wish I would have taken my measurements before I started so I could compare them to what I am now. The pair of pants I'm wearing in the photo wouldn't even go on past my thighs last year.....now they are too big!

I have finally found something that works for me and if I can make such drastic changes in my body....anybody can. Maika, Bev and Luke are phenomenal people and finding this workout is one of the best things that has ever happened to me.

- Kellie Lawton