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Dramatic lifestyle change was ?no brainer? for Aurora woman



By Jeff Doner

Losing weight and leading a healthier lifestyle is something just about everybody wants, but getting started and following through isn't always easy.

Aurora resident, Judy Rosen, has proven it's possible and has dramatically changed her life for the better, having remarkably lost 204 pounds since March 4, 2013.

Rosen, 48, said making a change was a ?no brainer? after being restructured from her job, giving her the chance to work on herself.

?It was a lifestyle change right from the get-go,? she said. ?I didn't know what I was actually signing up for. I wanted to be healthy and it turned out to be this awesome lifestyle change. I had my husband, my family, my kids and my sister, I had everybody supporting me and making the change with me.?

Looking at her newfound free time as an opportunity, Rosen called David Harris, owner and personal trainer at Individual Performance Training Centre in Aurora, to help get started.

?It has been incredible,? she said. ?The clients and folks that work here, everybody is so encouraging and supportive and each time you get to a different milestone, it's like, ?well, this is pretty cool', and it just keeps getting better and better.?

But, as many know, it's not always easy. Rosen said she was very unhealthy at the beginning and apprehensive about working out at a gym.

?I didn't have very much confidence and I probably interviewed about five or six trainers in the area and Dave was a little more mature than some of the others,? she said. ?I think the hardest part with starting was that I was so ashamed and so embarrassed and I needed so much. Dave helped me to get over that quickly and move forward.?

She also shared a personal story of sitting in a McDonald's drive-thru for half an hour talking herself out of going.

?When I came in here the next time to work out, I told Dave that I came close to slipping off and he said, ?Oh, I've done that too'. It was nice that he could relate to where I was at.?

With years of experience in personal training and nutrition, Harris said people just need to remember that it's just about getting started and having someone help with a plan.

?Once you start, it's funny how little victories roll into each other and that breeds success,? he said. ?People think this gym is all about athletics, but it's the same sort of principle. You're looking at the analysis of what the person wants and needs, then you just break it down to what you can do and then it's about changing the program so that you don't get stuck in the same routine.?

Since dropping the weight, Rosen said pain in her hips and knees have subsided and her overall health has dramatically improved. After her first year on the program, she is now off her blood pressure, cholesterol and diabetes medication.

She has hit most of her milestones, but said she wants to keep things going and maybe lose another 20 or 25 pounds and offered some to the point advice for those thinking about making a change.

?Just do it. If I can do it, anybody can do it, so just do it.?