

# JazzerciseSpotlight

December 2006

## Melissa Jones



Here's what Melissa has to say....

*When I was pregnant with my son Nicholas at the age of 22, I was told by my doctor that I will be diabetic by the age of 30 if I could not get my weight under control. I turned 25 at the end of August and I went through a horrible depression because 30 was not that far away and I was still overweight. So, in September, my friend Misty had the idea to join Jazzercise, so I did too.*

*So now, between a regular daily routine of diet and exercise, I have now lost 25 pounds since I join. I went from a size 18 to size 14 in one month. I cut out all bad carbs, sugar, and pop and I eat more fruits and vegetables. I also got major control of my portions and drink a gallon of water daily.*

*On days I cannot make it to Jazzercise, I do 30-40 minutes of the treadmill then one of my 20 or 30 minute workout videos. I make sure I workout six days a week and try for seven.*

*I have so much more energy and I am continuing to lose pounds. I also weigh myself only once a month so, I am not a slave to the scale.*

A major thank you to all my instructors at Jazzercise for all the right tools and motivation to finally help me get on the ball! Thanks, Melissa Jones