

Staceyannec's Transformation

"I want to inspire people...I want someone to look at me and say because of you I didn't give up." ~Unknown

Transformation Tuesday. Because when you find a bunch of pictures of yourself that you didn't know existed and you're ready to delete them. Then you remember how you were inspired by others who had the courage to not only keep before pictures but to share them.

The pictures are a year apart. December 2014 Christmas morning and December 2015 after running a half marathon. I was unhealthy period. I was 6 months postpartum extremely overweight with out of control Lupus and Hashimotos. I don't think back then I could even walk a mile.

Last summer I made the decision to change my life. To go from sedentary to active to a runner. I won't say it was easy because it wasn't. You get comfortable living a lazy life. Find reasons and excuses because you don't think it's possible. I always told myself I'm just bigger. The process took time and dedication to myself. It was hard for me to realize there was nothing selfish about taking care of me.

Now I can't believe I made excuses to not exercise or run or that I ate some of the food I did. I make sure my weekend plans always include a long run, that I am properly fueling my body and now our date nights are usually races.

Don't be scared of the process. No it doesn't get easier but you will get better. [Stacey](#)



