

Prologue

by **Linda S. Jassmond Lanfear**

Immediately after taking my first aerobics class in 1984, I went to a fast food restaurant to order a cheeseburger and fries. Showing some restraint and to offset the fries, I opted for a diet soda instead of a milk shake.

Fortunately, I caught the fitness bug back then, learned how to teach aerobics classes and learned how to eat healthfully. Years later, I started a personal training business with the intent of sharing my knowledge with others.

After I had been working as a trainer for a while, the idea came to me to chronicle a client's daily struggle to get in shape. There was no guarantee the client would succeed, so the book could easily be a flop. Then again, even if the client failed, it would be a learning experience for both the reader and for me. It was a chance I was willing to take.

Introducing Suzanne...She is a CPA who works outside the home. She has three boys who are involved in sports and other activities. Suzanne has a husband, a dog, a very social family life and is active in her church, business and community. She loves food and everything about it—she even reads cookbooks for enjoyment. Having tried on numerous occasions, she decided she just didn't have time to exercise.

Turn the page to follow Suzanne on her journey.