

Prologue

by Linda S. Jassmond Lanfear

In 2009 I published my first book, *Journey to Fitness — Chronicles of a Working Woman*. It was an inspiring and motivating story about Suzanne, a working mother of three boys and her struggle to find time to work out. Suzanne's initial goal was to feel better in her own skin. There was no mention of weight loss when we started working together and yet she lost 20 pounds during her journey.

Something else happened during Suzanne's transformation that she never saw coming; Suzanne was able to erase 30 years of self-doubt in just one day. Her newfound self-confidence allowed her to achieve many exciting things in all areas of her life!

Journey to Fitness — Chronicles of a New Triathlete is about Jackie, also a working mother. She has a boy and girl and infrequently worked out. I suggested to Jackie that she compete in a triathlon, which would require her to swim, bike and then run. Her answer was classic, "I can't swim. I don't own a bike and I hate to run!"

Another huge obstacle for Jackie was that she refused to swim in a lake, river or ocean. Well, the majority of triathlons are held in, you guessed it, lakes, rivers or oceans. Jackie was a challenge not only from a physical standpoint, but a mental standpoint as well. I had my work cut out for me, but I'm always up for the task.

How was I going to convince Jackie that she could compete in these three sports? If I focused on them one at a time and built up her confidence maybe she would catch the bug...the triathlon bug.

If not, she could possibly sink during the swim and think I was a horrible trainer.

There are lessons to be learned when you take on a new challenge. You change and grow in unexpected ways. Sometimes you realize the people closest to you are not who you thought they were. Read on to follow Jackie on her way to her first possible triathlon...