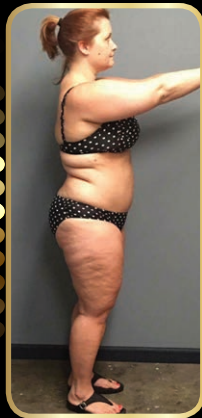
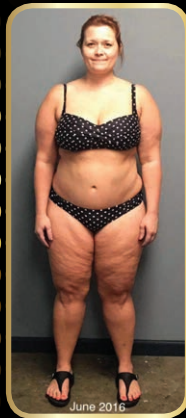


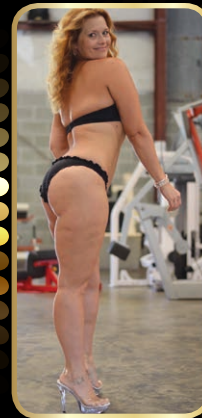
2017 Best Self Atlanta Magazine Courage Award Finalist

AMY SWETT

BEFORE



AFTER



My name is Amy Swett. I am a 40 year old proud mother of 2 boys (Charlie, 22 & Alex, 15) and Grandmother to a sweet baby girl (Kinleigh). I currently live in Columbus Ga. and work as hairstylist with my best friend and business partner Jennifer Palumbo. The majority of my life I was overweight.

From a very young age, I used my weight as a barrier against anyone who might find interest in me as I found most to be untrustworthy. In my 20's, everyone I knew would say "you would be so pretty if only you lost weight" or "you have such a beautiful face", which encouraged a desire to be thin.

I tried my first drug and I found I had endless energy and could get everything done. (Or so I thought.) I eventually lost EVERYTHING because of my choices. I praise the Lord every day for a mother who was relentless with her prayers.

Tragically, in October, I slipped during exercise, fracturing my sacrum which would keep me from normal activities for six months to a year according to doctors. My best friend and I had already planned to support and train with Mary as she entered her first bikini competition. When I got injured, she thought about quitting and it was my turn to encourage her. Truth be told, I didn't want her to quit, because watching her transform kept me inspired and I was so proud to see her on the stage.

In April 2017, I was finally released to do light workouts and I turned to Mary for training. Doing her boot camp I had lost a little over 30 lbs but had gained some back after the injury. My new starting weight was 205 lbs. My goal is 140 lbs and to compete in my own bikini competition, the 2017 Lee Haney Games. I train 6 days a week and follow the plan that my trainer has created for me. I don't cheat, and that in itself is a miracle.

"For the first time, since 2nd grade, I feel comfortable in my own skin."

While I have now been drug free for about 13 years, I was not able to control my binge eating. Time and again I tried and each time felt like a failure. Prompted last June (2016) by boot camp instructor, Mary Cain, I finally tried her class. I had never felt stronger coming to the end of that first six weeks, so I decided to keep going.

This process has been amazing and I have gained so much. First and foremost, a new lifestyle. For the first time, since 2nd grade, I feel comfortable in my own skin.

I can't wait to see where this journey takes me. We will be seeing you in October. Good luck to ALL, because we are all winning!