



2019

SOUTHERN MUSCLE GUIDE presents

COURAGE AWARD Finalist

JANICE COWMAN-ARTEAGA



I'm 58 years old, a wife, mother, grandmother and former Marine. I have always been active but most of my adult life I have been overweight. Stress and daily living got in the way of me taking care of myself, which resulted in over a hundred pounds gained over 25 years! Lack of activity and out of control eating while managing a family and career had caught up with me and my weight and poor health left me feeling desperate. This desperation led me to many weight loss fad diets, pills, shots, expensive programs with never a permanent, lasting solution.

In early 2018, I felt seriously ready to pursue a program that would be "a forever change". I researched all types of weight loss surgeries including the lap band, bypass and even thought about wiring my mouth shut! After considering what I felt like was all options, I determined that for me, the only option was doing it the right way with healthy eating and exercise and along the journey I would work to understand what got me here in the first place. I began my journey to health and wellness on May 1, 2018. I weighed in at 292, just 8 pounds short of 300 pounds. I felt desperate yet determined. I have the love and support of my family and my friends to give me the strength I needed for this journey. I met Melanie Daly with BodyworxFit and set up my initial

consultation and first workout the next day. Melanie was understanding but firm, willing to accept me as her client if I was ready and willing to do the work and follow the plan she customized just for me.

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We worked together three times a week for 15 months, even getting through two foot surgeries without missing a beat. I decided early on that I would never miss an appointment and, even in a cast, I could do something to get me to my goal of health and wellness!

Consistent workouts, a healthy eating plan along with planned periods of fasting has been the recipe needed for me to shed over 95 pounds and 110 inches! I have learned to control my eating by realizing hunger is not an emergency and exercise is not my enemy! My work is not over as I am not quite at my goal, however I am thrilled to be a much healthier and happier version of myself and I am looking forward to living my best life!

Celebrating Inspirational Transformation