

2018 Courage Award Finalist

JULIE HOOD

BEFORE



AFTER



I am a ASFA Certified Personal Trainer but began a weight loss journey of my own in Aug 2014. Looking in the mirror one day, I realized I was unhappy with my health and the way I looked and felt about myself. That is when I decided enough was enough! With a starting weight of 243lbs I began working out 30 minutes a day, five days a week and changed my eating habits.

With consistent workouts and healthier eating habits I continued to lose weight and found myself helping others who wanted to lose weight as well. I decided to study to become a personal trainer and discovered this was my passion. With daily training and clean eating, I have lost over 100lbs., over 25% body fat and gained 40% muscle. I recently competed in my first NPC figure competition and place 4th.

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After the first month I noticed myself losing weight, in fact, I had lost 17lbs. In November of 2014, I started tracking my weight, body fat, BMI and measurements.

Now I want to share my passion with others to help you them in their own journey's to become healthier and happier.