



Sharon Lynn Moore

My name is Sharon Lynn Moore, aka "DeaFITwarrior" and I live in Florida. I was born and raised in Washington State. I came from a deaf family; mother, father, sister, and niece. I also have a deaf son and a new grandson. I went to Washington State School For The Deaf in Vancouver, WA from 1978 to 1989, but depression caused me to drop out. I was in my 30's when I decided to take ABE (Adult Basic Education) classes at Tacoma Community College in Tacoma, WA to receive my high school diploma.

After I was severely injured at work, I could not continue my career as a nursing assistant. Numerous surgeries, doctor visits, medications, and therapies accumulated to 50K dollars in debt. At the same time, my son graduated from high school and moved out. Needless to say, I was overwhelmed and faced "Empty Nest Syndrome". Yes, I had hit rock bottom but that was my "wake up call".

I decided to take action. A few days later, I turned my son's old bedroom into a gym. I bought exercise equipment, but like so many others, I didn't use the home gym as often as I anticipated and I lost motivation. I continued to try to find a way to lose weight. Eventually, I stopped eating fast food and sweets. Then, I began to cook healthy meals at home. After several months of eating healthy meals, I stepped on the scale again, but I was disappointed that my efforts were not getting me the results I wanted.

I decided that I had to take a serious look at what and why I had failed. I browsed the internet and looked at fit women. "How did they manage to stay fit?", I wondered. Self evaluation made me realize that I quit smoking cigarettes, cold turkey, since 2012, but that resulted in gaining weight. I ate unhealthy foods, and I have the home gym, but I didn't use it. That was the turning point; I was determined to make healthy changes. I joined a gym and got a personal trainer.

To help give me motivation, I needed a goal. Even the thought of setting a goal made me depressed at first. But then I thought, "Why should I be depressed?" I can see what is wrong and it isn't that hard to fix the problem. So, I started to research about living a healthier life and why people like myself aren't motivated enough to become and stay healthy.

It turns out that just being healthy for health's sake is not the motivator. In my case, the prospect of how much money I could save from an unhealthy lifestyle such as frequent doctor visits and taking too many medications was what motivated me. Once I found my motivation, I cut down on the partying; I only go to restaurants every other week, and I make sure to buy healthy food at the grocery store and cook the meals (I've been meal prepping for over 6 years now). To keep up with my motivation, I realized that I need to create the goals to keep me in check. Instead of going to the parties, I go to the gym.

During my home cooking journey, I continued to learn how to measure the grams of fat, carbohydrate, sugar, sodium, and proteins. Weighing, measuring and tracking food was difficult for the first few weeks; the numbers add up fast! I focused on keeping a strong mindset to fuel my motivation. My mother, son, sister and my husband have been very supportive toward my eating habits and my fitness journey. Not only did they support me, they participated. I convinced them to join me in the new healthy lifestyle. The encouragement among my family is an ongoing thing.

While making healthier lifestyle changes, an added benefit is that I feel very productive and it's led me to want to help and inspire others and in particular I hope to help the deaf community in how to improve their health through positive mindset, nutrition, and exercise. I established DeaFIT LLC as a fitness trainer, posing coach, nutrition consultant, inspirational and motivational speaker. I have been a National Physique Committee (NPC) Athlete with my highest placing at the 2019 NPC Holiday Classic, 2nd place in Masters Women's Physique. My focus now, is in working with the masses to show them that you can start a fitness journey at any age and it can be a real game changer in helping to improve your overall health.

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