

## Sheryl Harvey Transformation Essay

Hi, my name is Sheryl Harvey and the primary reason I wanted to lose weight was to begin feeling better about myself. I was the heavyset child, sibling and friend who would always hear someone say, "she has a pretty face but...". Eating subconsciously became my coping mechanism. Food was the one thing I knew would never judge but love me unconditionally. I was at my heaviest during the unhappiest time of my life and I think that is when I made the connection. I hated feeling the physical and emotional heaviness attached to my weight. I decided it was time to change. I started by slowly changing my eating choices. I then built up the courage to attend a group workout session and from there, the hunger began. I would see people do certain exercises and told myself I would be able to do that one day. All I needed was to see results and that motivated me to go harder. So today, here I stand at 52 years of age, at my healthiest and in the best shape of my life. It has not been an easy journey by any means, but I am so proud of myself on how far I have come. I did it with hard work and perseverance. I hope to be an inspiration to someone who thinks they can't. Yes, you can!! I would like to thank my children and family for their love and support. I would also like to thank my coach Genae Banks @ Fit Junkey Studio and the BMB/FJ crew for being an answered prayer. Genae has taken me physically and mentally to new heights and words cannot fully express how thankful I am for her. We have only just begun. The best is yet to come!!