

Irene Cuaresma

Transition Journey

Began: April 2016

Heaviest Weight: 260 lbs.

Current Weight: 148 lbs.

Maya Angelou once said, “the real difficulty is to overcome how you think about yourself”. My transformation started within. Getting to know my mind and friending myself were the first steps for me. Overcoming my ideas about what I should look like or what it takes to get there. I learned to know my body and what it’s needs were. Things began to change, and a confidence began to build when my mind and body were in sync. My body began to reflect the inner love and passion I had. My mind and my body transforming at the same time. This process has meant so much to me not only in my physical goals but in other areas of my life. Overcoming those days, I didn’t think I could press on, the moments I had to check my own thoughts and believe in myself. This transformation had not only been a revolution but an evolution. It has given me a much deeper appreciation for my body and the mental fortitude I wouldn’t have had if not for this experience. The blessings and gratitude I experienced during this transformation will always stick with me. This transformation wasn’t so much about losing the weight as it was about finding myself.

My journey would have not been possible without the support of my family and Coach. My mom Laura who has always believed in me since the day I was born. Her encouragement and support have been crucial to anything I decide to do in life. My Husband Mike and two beautiful children Scarlet & Oliver who has been the backbone to everything I do. Thank you for always listening to me and taking care of everything I need. My Coach John, who seen potential in a lady who would not even exercise in the mirror at the gym. It was in that moment that God blessed me with grace and allowed me to meet one of his sculptures. The journey over the last year and a half have been one of the many highlights in my life. I didn’t only get a Coach; I gained a true friend for life.