

operation: mom

by Kerrie Boys

rejuvenation final report



ere I am again, putting myself on display in search of a trimmer figure and better self-image. This will be my final installment of my “mom rejuvenation” endeavor. I have been boot-camped, peeled, teeth whitened, sun-spot-zapped, and altogether have tried to look my best. At press time, I have been at it for nine months and am pleased with the results! (See my “before” and “after” photos for some of my progress!)

It has finally happened. They kept telling me it would, and it did ... I have become one of those lunatics who WANTS to work out. I miss it on the days I can't make the time to exercise. Now, I am no gym rat; I still kind of dread the whole get up, go, sweat, and get cleaned up thing. But I just feel so much better on the days I get a good workout in. As a result ... drum roll please ... I have lost 31 pounds! I just have to muster up the strength to keep it up. I know my weight issues run a little deeper than just eating right and exercising, so I hope I can keep them under control. I would like to lose

about 15 more pounds, but those last 10 are always such a doozie! Hopefully Tiffany with Fit4Life Boot Camp can knock it off of me! I have totally enjoyed my boot camp with her. She has kept me inspired, committed and a little afraid to miss camp or gain weight on her watch! So wish me luck with my last 15 pounds.

My newest skin rejuvenation process to report on is this magic thing called IPL at Ageless Remedies in Lake Norman. I had this big ole freckle (not a mole) on the side of my nose. It always bothered me because people always thought it was make-up or dirt. Let me tell you, I had ONE treatment and after a week it was almost gone! I have a few more treatments that will take care of more sun damage, but it was worth the price of admission to easily get rid of that particular freckle. IPL

me before



photo by Renee Wheeler

me now!

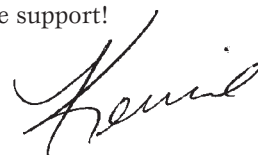


(intense pulsed light) is a tiny vacuum with a bright light that zaps you. It is not a laser (very different – lasers are for other stuff and hair removal, which I also highly recommend!), but it does feel like one. Totally tolerable and the results are worth it. I have never had “pretty” skin, but at least now I am on my way to having much more “even” skin. Both the peels I have had and the IPL treatments have dramatically helped my complexion. The best side effect to all of this is that I am MUCH better about sunscreen. I

have always used it in the sun and in my make-up. Now I almost always remember to put a coat on in the morning. I have not spent all this time in a chair at Ageless Remedies to have it all come back because I forgot the sunscreen!

All of this said, I am a little sad my endeavor with you comes to an end. It has been a little embarrassing, a lot intimidating, but most of all very empowering. I told my husband Jason when I started this whole thing that it was pretty pitiful that in order to get motivated, I had to “tell the world” I was going to attempt to get Kerrie back and find my old self. I thought the only way to stay committed was to put myself out there and report back to our readers. Well, in a way, for me, it was the way, not to find my old self, but my NEW SELF. This is me now, today – strong enough to fix some flaws and learning to love the flaws I cannot fix. It is not about vanity, it is about being comfortable in your own skin. I can’t say I am there yet, but I am well on my way. My goal for this journey was to be a better wife and mother as a result of taking better care of myself. To be honest, I am just a better me.

Take Care, and thanks for all the support!



complexion before



complexion now!