

operation: mom

by Kerrie Boys

rejuvenation part III



erspective. As I sit here preparing to bring you up-to-date on my rejuvenation journey, my mind wanders to friends and family dealing with incredible challenges that make my issues pale in comparison.

While others face the loss of loved ones, husbands in Iraq and children with devastating health concerns, I am painfully aware that my “Finding Kerrie” journal – my quest to take off some years and drop a few pounds – is frivolous. That said, this quest has brought me to a place that has made me a healthier person with better self-esteem, which in turn makes me a better mom and wife ... my ultimate goal.

By the time you read this I will have been working on taking better care of myself for about nine months. I have lost 20 pounds and many inches. It’s not earth-shattering and I have more to lose, but I am much stronger and more defined. It is really motivational when people start to notice. I have Tiffany Brown with Fit4Life’s Bootcamp to thank for that. After five bootcamps with her, I basically got my butt kicked.

Her combination of strength training and cardio, along with getting up at the crack of dawn to get it done, has been vital to my success (as well as the bane of my existence). She has given me the tools to keep the weight off in the future. My husband and I joined a gym near my house and we are actually using it, not just giving them money for fun month after month. So all the push-ups, dips and cardio stations have paid off! SSSSHH-HH, don’t tell Tiffany, but I am having success without totally depriving myself. I am really good during the week so I can cut loose a little on the weekend. For me, the slower I take it off, the better chance I have to keep it off. Plus, I get mean and nasty when I don’t have the occasional pizza and beer; I have, however, cut out the brownies ... for now.

On to my good ole’ face. In my first installment of this story, I was groaning about my uneven complexion and sun damage. Well, ladies, I have found a great solution! I have had three vitalize peels at Ageless Remedies in Cornelius (I am scheduled to have six) and I have loved the results. The spa is lovely and very comfortable, and Michelle (my aesthetician) is great. From the

first treatment I saw improvement in my skin. Some say it hurts; I just think it stings for a little bit – like 15 minutes – but other than that it feels like a minor sunburn. I peeled for about three days and was a little pink for one day. In fact, when my 2-year-old looked at me, she said, “What’s your face doing????” The rest of the peeling I hid with lotion. If you are a product junkie (I am not), they have EVERYTHING – from make-up to lotions, potions and aromatherapy. All really great stuff! I tried the GO SMILE tooth whitener and it got my pearly whites sparkling in seven days. Plus it tastes good, not like some of the other over-the-counter stuff. Check them out – they have something for everyone, plus a great laser hair removal program.

Remember, take a little time for yourself. DO the things you wish you would ... and if you can, try to help those moms who are having serious challenges in their life feel a little lighter. Go out to eat. Talk about toe polish or whatever; just make them smile.

Well, that’s it for this time! One more update next issue. I will have “before” and “after” photos and hopefully more weight-loss numbers to post! Off to the sitter to pick up my kiddo.

Kerrie



Here are me and some other sweaty moms with Tiffany after a morning of bootcamp.

