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Simone J.

Share



Age: 40
 Gender: Female
 State: Georgia
 Primary Program: Shakeology
 Supplement: Shakeology®



My Stats	BEFORE	AFTER
Height	5'5	
Weight	207.5	170
Dress/Pants Size	18	12
Waist	46.5	38
Hips	48	42
Right Arm	16.5	13.3
Left Arm	16.5	13.3
Right Thigh	27.5	24.4
Left Thigh	26.5	24.4
as-of	10/30/2014	

Simone J.
 Fitness helps mom heal after tragic loss.

Words cannot describe how Beachbody® has changed my life. After my son was murdered, I wanted to die. I isolated myself from the entire world. But now I'm like a flower that is starting to BLOOM! I am coming out of my shell. I want the world to know that there can be LIFE after DEATH if you CHOOSE LIFE. This is all thanks to the amazing team I am on and the love and support that is given every day.

What Simone J. won:
\$1,000

Tell us about your life before you started the program. How did you feel about yourself and your body?*

I didn't struggle with weight-loss my whole life. In 2010 I tried for the first time to lose weight on my own, and failed miserably. I ended up rupturing a disc in my back and because of that I believed I wouldn't be able to do anything. Then on 8/28/11 my 19 year old son was murdered and I gained over 50lbs in a matter of 3 months. I suffered from depression, anxiety, PTSD. I had bad knees, lower back and neck. I was absolutely miserable in a very bad place. Then we decided to have a baby and I gained another 30lbs. My knees and back hurt even more at this point and I was not able to take any of my meds. When baby was born I kept him in my bedroom because I was lazy and out of breath walking up a flight of stairs to his room. It was a struggle walking to the mailbox. I tried everything from over the counter weight loss products, to HCG shots, Phentermine, other prescribed meds and nothing worked. I believed that I would be fat and miserable forever.

What inspired you to change your life and begin your transformation journey?*

An old friend and I connected when my son was killed. I would see her posts on FB and see her transformation. I was very impressed and thought if she can do it, why can't I. Then she shared other success stories with me and I sat back and really thought about WHY I wanted to lose weight. I realized that although my circumstance was absolutely devastating, GOD gave me life and I needed to live it. If I was going to LIVE, I had to live it right, God Blessed me with a new baby boy after my older son was killed and I was going to do it all differently this time. Starting with my health.

What is the greatest challenge you faced before beginning the program? How did the program and Beachbody® help you overcome that challenge?*

I struggled with severe depression, anxiety, PTSD, bad knees, lower back and neck. I had 2 back surgeries and 3 knee surgeries. Walking up the stairs was a chore... now I can run up skipping steps!! I have become such a different person. This program has not only helped me lose weight, it has shifted my thinking. I CAN do anything I put my mind to. I am so grateful that God placed this program in my life when he did. I can run around with my new baby and I have not taken any meds of any kind since I started beachbody. Although I still have a very bad back, I have built up my core so it is much stronger. I have learned to listen to my body. My anxiety levels have drastically reduced and are absolutely controllable now. I have been surrounded by such positivity that my story has become my inspiration to others.

What in particular did you like about the program you chose?*

T25 was my main program. I loved that only had to work out 25 mins a day for 5 days. I liked that there was a modifier in all the workouts. It was great to burn and sweat as if I was working just as hard as the Shaun T. I liked how you did different videos on different days (followed a schedule) it mixed up the work outs so it didn't become boring or mundane. I loved how it was a mixture of cardio and sculpting toning. I also used 21-Day fix and I loved the easy portion control containers and knowing exactly what I should put in the containers. I also liked the 30 min workouts with this program.

Describe the results you achieved with your Beachbody program. Which achievements are you proud of?*

Using T25 and Shakeology I lost 30lbs and 25 inches. It was amazing how strong my body became. I was building my core and that was helping my back become more stable. I loved that as I got stronger I was able to keep up with Shaun T for a good portion of the video. I am able to jog for more than a minutes. I can do moves that I was tripping over my own feet the first day. I lost another 7lbs using 21-day fix.

How has your life changed since completing your Beachbody program?*

Words can not describe how Beachbody has changed my life. I have become such a different person. After my son was murdered I wanted to die. I begged God to take me and do with me whatever he wanted. He had different plans for me. I isolated myself from the entire world. I worked fulltime from home and rarely had to go to the office. I disconnected and didn't plan to change. I am now like a flower that is starting to BLOOM! I am coming out of my shell. I am growing and learning about myself every single day. I have learned to embrace my story and share it with the world. I want the world to know that there can be LIFE after DEATH if you CHOOSE LIFE. I have stepped out of my comfort zone many many times and try to do so once a day. This is all thanks to the amazing team I am on and the love and support that is given every day.

How did participating in a Challenge Group help you reach your goals? How did your group support you and keep you accountable?*

Yes and LOVED IT... The challenge group is what kept me motivated and inspired every single day. It was a place to get motivation and give it back. I found that inspiring others was what motivated me. When someone saw you struggling or not showing up they were there to pick you back up and get you going again. I was able to motivate others. It kept me accountable to what I was really eating and doing.

How did a Beachbody Supplement or Nutritional Product or Program (such as Shakeology® or Beachbody Ultimate Reset®) support your transformation? What are the greatest benefits you gained? Did you see benefits to your energy, sleep, mood/mental clarity, digestion/regularity?*

I drink Shakeology once a day as a meal replacement every day. It fuels my body. My energy, moods and overall health has drastically improved. I used to take naps all the time, not anymore. I couldn't nap if I tried!!!! Everyone I know can see that I lost weight but they say everything about my whole being is so different. That I have a glow over me now. I suffered from IBS and would have severe attacks that could last anywhere from 30mins to an hour several times a month - since starting Shakeology I have had 2 attacks that lasted a few minutes and I know it was due to something I shouldn't have eaten. I always had stomach issues and was never regular. Since I started Shakeology I have become regular and have no stomach issues. My anxiety, depression and PTSD have drastically reduced. I FEEL GOOD from the inside out. My body doesn't hurt anymore like it used to. Was always at the doctor for something. I have not had a cold, sinus infection or anything

How did a Beachbody Supplement or Nutritional Product or Program affect any existing health conditions you have?*

Shakeology made me regular and I no longer suffer from IBS attacks. My anxiety, depression and anxiety are all under control. My chronic pain is not as nearly bad as it used to be. My body doesn't ache like it used to. I haven't been to a doctor for a cold, sinus infection, nothing. I can say that Shakeology has made me healthy from the inside out.

Did you achieve any other measurable improvements with a Beachbody Supplement or Nutritional Product or Program? (e.g. Blood Pressure, Blood Sugar, triglycerides, etc...)*

I have not had blood work done to compare stats. I have had an MRI done on my back and the severe bulging discs that I have in my L4/L5/S1 have all become less severe and the doctor states that it is from losing a substantial amount of weight.

Take The Challenge



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Find Buddies



Grab some Workout Buddies and build your own Team Beachbody! Get support, get motivated, and get lean!

Find Workout Buddies

Featured Products



Introducing a fruitier and more refreshing Greenberry. Looking for a tangy treat that's incredibly healthy for you too? Then give our new and Improved Greenberry Shakeology® a try. Now with more protein, less sugar and fewer calories—plus 3 new superfoods!

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