

Look at me confidence is key!

Cath Browning is an inspiration woman

This is the inspirational story of the beautiful confident Cath Browning from Langley aged 67. She wrote down how this journey began and the impact it has had on her life.

My barriers: very low self esteem, lack of confidence with no get up and go. I was totally unhappy with myself and everyone else. I thought my only comfort was food and unable to push forward

My Motivation: First and foremost my lovely grandson who always said it okay nana "you can do anything you want you will get there". Seeing my daughters unhappy because I was unhappy I new I had to change I needed to something from them and me.

"you Tracey you gave me so much motivation your classes gave me so much to aim for your class Zumba Gold class gave me a goal and its helped me no end. Then your health and well bring class that gave me even more I'm so thankful"

My feelings: I now feel a totally different person to what I was. My confidences is back better than EVER. My self esteem and get up and go are back. I now look forward not back. I have met some lovely friends on my journey and have a great social Life.



MY BEFORE AND AFTER PHOTO

My weight: since the late end of 2013 when I started the zumba gold classes my weigh has gone down by **3st 9lb** my dress size has also dropped for which I am over the moon with. My health is good B press, BMI and cholesterol are all down and most of all this has all be done having so much fun doing Zumba Gold and eating health down to the classes with Tracey. If you don't think it works look at ME if I can do it anyone can

Cath Browning from the bottom of my heart I would like to thank you for being an inspiration you are the life and sole in all my classes your personality is infectious just like your laugh all the best Love Tracey (the miracle worker HAHA)