

## My YMCA Success Story: Amy Achurch

*Amy Achurch is a busy mom and real estate agent. Although a Y member for several years, she let her fitness goals fall to the wayside, i.e. see previous sentence! A suggestion by her husband, Will, to utilize the services of a personal trainer at the YMCA has placed her squarely on the path to better health. Here is her story...*



“Exercise had never been a part of my life. I have never been athletic, didn’t play sports and did anything I could to avoid the gym. When my husband, daughter and I moved to Beaufort I began coming to the YMCA. The nursery was a fun place for my daughter and I enjoyed the classes. However, my gym routine fell to the wayside and it would be months and months before I would go back. A couple

of years ago I just began to feel really out of shape and my energy level was pretty low. My husband, a very active ‘gym-goer,’ suggested I look into the Personal Training Program at the YMCA. I did not like the idea at all. I envisioned being shouted at and someone making me flip tires down a dusty alley. No thank you. But soon I got a call from Personal Trainer, Maxine Langford.

My first appointment with Maxine was a bit intimidating since I really knew nothing about the gym at all. We talked about setting goals and what I hoped to get out of the program. I told Maxine I just wanted to get in better shape and maybe lose a few pounds. I honestly did not have high expectations for myself.

Flash forward a couple of years later and I am still working out with Maxine on a weekly basis. It is a complete turn-around from our first session! While attempting to get through just a couple of knee push-ups was a struggle then, full push-ups on my toes are now like second nature and no struggle at all. Core strength? The only core I knew about back then was that yummy caramel core in Ben and Jerry’s ice cream. Now, core exercise and strength are a strong suit of mine. Running on the treadmill? Forget it back then. Now (although I am still not a fan of running!) running feels more

natural and my cardio level has really increased. The thought of lifting a weight was



completely unheard of in my mind back then.

Now, I am comfortable with free weights as well as the gym equipment, and actually know what I am doing on my own. I am lifting far more than I ever thought possible. My overall strength has increased dramatically. Maxine has taught me about strength training, good nutrition and overall better habits for my complete health. Physically, my body has changed for the better. Although losing weight was not my main goal, I have lost over 15lbs. and have

maintained my goal weight. By working out, I began to notice muscles I did not know I even had, and gained more confidence overall.

Although the beginning of my journey was tough, just ask Maxine, there were times that I thought all my work was for nothing, I am so glad that I stuck with the program. The accountability of having sessions with Maxine has kept me on track and helped me keep my own personal exercise and health goals in check. Not once did I ever think that I would say that at age 40 I would be in the best shape of my life. Thank you YMCA of Beaufort County and Personal Trainer Maxine Langford!"