

# Move It and Lose It

BYOB - Bring Your Own Buddy

By Kelly Melang

## Friendship

is a relationship between two or more people who hold mutual affection for each other.

*Heather Matkowsky*, a veteran of our Move It And Lose It first challenge, is a success story in getting by with a little help from her friends. "I never heard of the program until two of my friends saw the ad in Forsyth Woman and brought it to my attention. We'd always talked, or rather complained about things together - we want to have more energy, we want to lose weight, we want something different. When a couple of my friends went to Forsyth Woman's Girls Nite Out and signed up for the Move It And Lose It Challenge, I wasn't going to be left behind. I called the next day and signed up for the program. I have been through all three challenges and now as an assistant to April Hartsook, I have gone from dreading going to a workout by myself, to looking forward to group trainings."

Heather's success is not just body but also mind, "When you make the commitment to change, to want different and do different, it affects every aspect of your life. Sure your eating changes, and you start going to scheduled workouts, but you find that your attitude changes with it. You start to treat people in your life differently, friends and strangers. The best part to me is my circle of friends has widened with every challenge, we not only workout together but we support each other through email, text and phone calls. Some of us even grocery shop together."

Move It and Lose It Challenges you to change your life, with your buddy. The workouts are designed for all fitness levels, and with the added incentive of BYOB, Bring Your Own Buddy, you are giving the gift of wellness to not just yourself but your buddy as well. Our Challenge is not about a number on the scale, it's about changing your attitude while losing inches. Heather puts it perfectly, "After working out with April for a while I needed a pair of shorts. All my life I've been considered the 'fat girl,' naturally I shop in the Plus Size department. This time, the woman in the department looked at me and asked what I was doing there. It didn't register, so I told her I was looking for shorts. She told me I was in the WRONG department, that Women's was downstairs! I knew then that I'd changed my life, and now as April's assistant I am ready to give back."

Where does Heather see herself in 5 years? "I'm committed to this journey. I see myself on the path of running a marathon and becoming a Personal Trainer. I want to give back what April has given to me - the courage to start, the perseverance to continue, and the desire to never give up. There are so many people out there that sit in the place I was, I want to tell them, "Take that first step for yourself, because you are worth it."

The "Want Different...Do Different"® movement is sweeping the country ...Join April as she shares her Fitness Philanthropy with Forsyth Woman Magazine and the Buddy challenge. Forsyth Woman's website [www.forsythwoman.com](http://www.forsythwoman.com) and April Hartsook, Personal Trainer's website [www.aprilhartsook.com](http://www.aprilhartsook.com)

*Take that first step.*



*Before*

*After*

