



## LEECIA CARNES YMCA TESTIMONIAL

After years of unhealthy eating and working in a very stressful job, I decided I needed to make changes. In November 2019, I started by going back to church on a regular basis, which has set me on an amazing spiritual journey. Around that same time I started researching the Keto diet. I spent two months researching and collecting Keto recipes, and then started my Keto journey on January 30, 2020. On February 2, 2020, I was baptized.

I was surprised to find Keto was relatively easy for me to do. The weight started melting away quickly, but I knew I needed to add exercise to my routine. I started with walking on my treadmill which had sat unused for years. But I find walking to be a bit boring and knew swimming was my favorite activity growing up. I had been on swim team when I was 10-18 years old, but I was very nervous about getting back in the pool after being out of it for over 20 years. I drove to the Twin Pikes Family Y from Pittsfield on a day in February and paid the visitor fee to check it out. I did a water aerobics class that day and decided I can do this. After that I joined the Y and started working out on a regular basis doing water aerobics and lap swimming until the COVID shut down happened. It was a bit more of a struggle during that time, but I was so grateful when the Y opened back up in May. I was there the first day to swim!

Since then, I've worked up to being able to swim 2-3 miles at a time when I have the time for it. I've added in some running and strength training. It's been about 7 and a half months since I started, and I'm now over 70 pounds lighter! I'm in such a better place spiritually, mentally, and physically, and frankly, I'm just getting started! I can't wait to see where I am a year from now. I still work in my stressful job, but I handle the stress so much better now. I feel like if I can do this, anyone can!