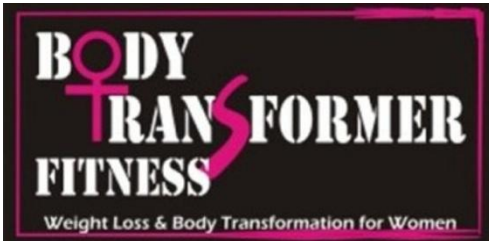




My Journey to Being Fit of Mind and Body



I have owned [GhostSecPro](#) for going on five years now and I have to say the hardest part of being an entrepreneur is scheduling. For me, when you work in the corporate world, you have a specific time to arrive and a time to leave. You get your tasks done in the time allotted.

As a home-based Administrative Consultant, I have struggled because, and this is not an excuse it's just the way it is, but I have struggled with my family thinking that because I am working from home, I can stop what I am doing and wait on them! It's been very frustrating to "train" them to the fact that I am WORKING and cannot be at their beck-n-call! This has created a great deal of stress and I needed a way to get some "me" time. I was having trouble focusing and staying on task and frankly, my business, and my sanity, was suffering!

While business is great, I cannot be at the top of my game unless I am healthy. I had to find time to take care of myself which, in turn, would help me take care of business! This realization led to a partnership with a new client. She is the owner of [Body Transformer Fitness](#) in Winder and we discussed how I really needed a way to de-stress and get healthy. She also pointed out that my staying healthy is the best way to continue caring for my clients and my very needy family. (I don't remember them being this needy when I worked outside the home???)

I started working out on Monday and Wednesday mornings at Body Transformer Fitness women's boot camp. At first I was desperately sore after each workout but as time went on, I would still get sore, but recovery after each workout has gotten shorter! The best part is how much better I feel about myself! The energy I have is nothing short of a blessing! I am more and more focused and finally got my office reorganized to create a more functional work environment. I am not the only one reaping these rewards. My client's are too!



Thank you Sheril Burrage and Body Transformer Fitness! I am feeling more settled, focused, energized and ready to take on the world! So far, I've lost 15 pounds and am at least 2 sizes smaller than when I began my journey!

I weigh in and get new measurements about once each month and will post my progress on [Face Book](#) and in my newsletters and blogs. I look forward to posting my progress and reading any and all encouraging words!

Until then, take care of yourself...eat well, and find a way to de-stress. It may not be my way, but find YOUR way and start taking care of YOU!