

TMI SUCCESS STORY

TRUE SUCCESS CHALLENGE WINNER SARAH RADLEY

“ TRUE SUCCESS CHALLENGE HELPED ME LOSE THE
LAST 10 POUNDS, JUST IN TIME FOR **MY WEDDING!**”

My Story

I started Boot Camp in the Fall of 2011 at the urging of Heather Rutherford. I joined with two other good friends, Nadia and Emily, and the four of us have kept each other motivated and have continued to re-register ever since. Having those friends and that support system there has definitely been instrumental in my success. We hold each other accountable, get together outside of class to work out, join in other fitness events such as the CN Tower Climb, and our changes and successes help to inspire each other. Heather's amazing transformation was one of my biggest inspirations.



The BIG DAY...

When I first bought my wedding dress, I couldn't zip it up and was told they were going to have to let it out for the wedding. After 6 months of boot camp at True Mentality, they had to take my dress IN two inches on each side. I have never felt better about my body or myself. True Mentality not only taught me how to work out, but made me more educated, motivated, and committed to making a lifestyle change. The 8 Week Challenge especially showed me what a difference small changes in nutrition can make, and I learned how important it is to write down my goals.

The greatest part of all is that not only did I stand up in front of everyone on my **wedding day in the best shape of my life**, but through all that I have learned, I have been able to maintain my weight and continue to increase my strength. My confidence is at an all-time high!

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I have been to other gyms in the past who made me feel horrible about my fitness level. Through the 8 week challenge, I learned that I was capable of things beyond what I thought possible. At the beginning, some of the goals set by Kasia seemed unreachable. Setting an action plan to practice my specific goals helped me slowly increase my capabilities - I was able to complete 60 burpees, a 4 minute plank and a 6 minute wall squat. Through practicing pull-ups before class, I was able to achieve a full pull-up - something I once thought to be impossible! The Challenge also encouraged me to take part in events that I never would have otherwise - such as the CN Tower Climb, which I now consider to be an amazing accomplishment.



TMI's "Changing the world one pebble at a time"...



There is no greater motivation than seeing changes in yourself. These changes will make you want to keep going, and once you see how great you can feel, you won't want to stop. Until starting boot camp, I didn't really know how to work out and hadn't figured out what worked for me. Friends and positive people who share their awesome energy around you is so important - and that's what you will get at True Mentality.



True Mentality is all about passing on what you have learned. I hope to inspire others the way that Heather and Kasia have inspired me.



“ CONGRATS SARAH ON ALL YOUR SUCCESS. I AM SO PROUD OF YOU FOR NOT ONLY WINNING THE TRUE SUCCESS CHALLENGE BUT ALSO FOR REPRESENTING WHAT TRUE MENTALITY IS ALL ABOUT- PASSION, DEDICATION AND OF COURSE STRENGTH, ENDURANCE AND CONFIDENCE. I LOOK FORWARD TO WORKING WITH YOU.

THANK YOU FOR BEING A HUGE PART OF THE TRUE MENTALITY TEAM AND AS A TEACHER, PASSING IT ON TO YOUR TEAM OF YOUNG INDIVIDUALS!”

KASIA SITARZ
Owner of True Mentality Inc.