



*Kesta before
Caption: Kesta hit 100kg
before starting her life change*

and sizes. It put my mind at ease and I established an exercise routine and good eating habits.

I got back into aerobics, now called group fitness - the classes were awesome, I absolutely loved them! I found them inspiring and motivating. There is nothing better than a bunch of people sweating and jumping around like lunatics to great music!

But the clincher for me was RPM which is a class where you ride on a stationary bike for an hour to loud music; it pushed me to fitness limits I had never

been to before and I loved it. Long story short - I did my training and now I am an RPM instructor at my gym five times a week. So come and ride with me!

My friends - I have the BEST friends - have been nothing but supportive and encouraging along the way. Without their support I don't know if I would have achieved as much. I have pictures and comments blu tacked around my desk at work so I am always surrounded by them. I believe in karma - give what you get.

I have achieved my goals. I weighed myself on the 1st of April 2009 and weighed in at 70Kg so, I'm more like a first five now! It was a great journey. I brought a diamond ring to celebrate and to remind

myself where I had come from, and where not to go back to.

You hear about people wanting to do something about their weight but never actually doing anything about it. I guess it comes down to how bad you want it; if you want it bad enough you will do it. There is no magic pill or easy solution. It is damn hard work. I train hard and eat well. You have to change your life and your attitude. There is a saying that I use in my classes that I think hits a nerve: "It's your body fat, you put it there, now you get it off."

I decided about two months ago that I would like to give a half marathon a go, not so much for the physical challenge, more for the mental challenge of setting the goal and doing it, I felt if I could do a half marathon then I could do anything! I completed the Taupo Half Marathon last month, ran the whole way in 2hrs and 12mins.

I also am applying to join the police, something I have always wanted to do since I was 12 years old - that is the ultimate goal for me. I have trained hard and prepared for the selection test which I will be doing in September.

When I started this journey I wasn't sure where I would end up. I have achieved over and above what I first expected. I think when you want something so bad nothing else matters and everything you do is to get you closer to your goals. I have a checklist that I keep in my head of my future goals. Some of them include multi sports even, the others I keep to myself and will keep chipping away until I achieve them.

My recipe for success is focus + discipline + determination = success.

Kesta (left) and her friend Claire cruise to the finish of this year's ½ marathon

