

SHELLY ALDRICH

Head Start – Lead Teacher

Inspiration for change

Since Shelly's wake-up call in 2011, she has lost over half of her body weight. Shelly's "aha moment" for change was when her mom passed away in 2011 from health problems (that could have been prevented). Aldrich, who previously was very unhealthy (did not exercise, smoked, and drank 8 diet sodas per day) realized it was time for a healthy change.

Shelly made small, achievable goals and has focused on one change at a time. Some of those goals included: eating "clean" (reading food labels for healthy, whole ingredients), portion control (measuring out her food), and adjusting plate sizes. Her current goal is to be able to do pull-ups by the end of the summer. She is training specifically for this goal.

Current work-out plan & eating habits

Shelly hits the gym 5 days per week with cardio and weights. Three days she attends "fun" cardio classes such as Zumba for an hour and the other two days she combines cardio with weights, such as a 3 mile run plus weight training.

She logs her workouts on the app called "body space".

Shelly watches portion sizes. She records her food on the app "MyFitnessPal" and tries to purchase her food from local farms. She reads food labels and does not eat processed foods and avoids going out to eat. Her and her family stay away from junk food.

Sticking with it

Continuously making new goals and improvements has helped Shelly to stick with her healthy changes and challenges. It makes her happy to reach goals, one at a time. Her supportive family helps boost her motivation as well. Even her kids are making healthy choices on their own!

Words of wisdom

Start with one change at a time, then choose something else, then something different after that. Find an accountability partner. Allow yourself some treats.