

"I Was on Blood Pressure Medicine at 19 Years Old"

Multiple Programs Success Stories Women's Results January 13, 2015

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Meet Emily, age 20 from Belleville, IL. She entered [The Beachbody Challenge](#) and won a \$500 Daily Prize, a \$1,000 Monthly Prize, AND a \$1,000 Ultimate Health Transformation Prize for a total of \$2,500!

Tell us about your life before you started the program. How did you feel about yourself and your body?

Before I started Beachbody programs, I was beginning my first year of college. I was weighing about 255 pounds and I was having health issues no 19 year old should have. Almost every day I would have a panic attack. I had to take medication for my incredibly high heart rate and another medication for my blood pressure. YES. I was taking blood pressure medicine at 19 years old. If you haven't experienced a panic attack, then the only way to describe the feeling to make someone understand is basically as if you were dying, which is absolutely correct. Every day I would have moments where I suffered shortness of breath that would cause my lips, knees, and hands to turn blue. I hyperventilated many times a day without a cause. Anxiety was taking over so much of my life that I would have a panic attack because I would be scared OF PANIC ATTACKS. I would shake and sweat non-stop. Sitting in class was almost impossible without having to step outside to take deep breaths.

What inspired you to change your life and begin your transformation journey?

One night, I remembered looking at myself in the mirror. I saw how overweight I was and how downhill my life was going for a 19 year old. I busted into tears. I decided to call a close cousin of mine. She has been such a role model to me ever since I was born. My cousin has always been a fit person. In fact, she is a special education teacher and one night a week, she invites her class and other special needs people in our community to participate in a fitness class. I took my autistic brother to her classes every week. The night I called her, my only intention was to ask for her help by teaching me new ways of exercise. Instead, she invited me to come live with her for a couple months so she can teach me everything from proper exercise and diet. She lives with her husband and their two year old, and they welcomed me into their home with open arms. It was then that I learned my cousin was a coach for a company called BEACHBODY! After 8 months of learning a new way of life, I lost 80lbs

What is the greatest challenge you faced before beginning the program? How did the program and Beachbody® help you overcome that challenge?

My biggest challenge was keeping up with my new diet. Portion control was VERY hard to manage in the beginning. After drinking Shakeology, and working out with [ChaLEAN Extreme](#) and [Hip Hop Abs](#), it became easier for me to maintain a healthy balanced diet. Now all my body does is crave healthy food. When I was 6 months into my new way of living, I went to the doctor to have a checkup. She was blown away by how wonderful I looked. I slowly was taken off of all medications. Today, I no longer suffer severe panic attacks nor do I have to take blood pressure medicine! The feeling of not having to start my day by taking medications is simply fantastic! I never want to go back to those terrible feelings again! I am a much happier person than I was a year ago.

What in particular did you like about the program you chose?

I absolutely loved the wonderful feeling I got after every workout in Chalene's program. At the end of each workout, she would give a small speech that would motivate me into wanting to press play the next day. Chalene taught me how to get great results even if I didn't have heavy enough weights. In Hip Hop Abs, Shaun T made the workouts fun! I would want to keep going even after the videos were done! Shawn T made me feel like sculpting my stomach was easy!

Describe the results you achieved with your Beachbody program. Which achievements are you proud of?

I am most proud of how far I could actually push myself. Chalene says in the videos that you can surprise yourself by how heavy you can actually lift... and SHE WAS RIGHT! I started off the program lifting light weights and surprised myself in the end how heavy I could lift. It really showed me how far I've come.

How has your life changed since completing your Beachbody program?

My life is so much better since I completed my programs. Every day I WANT to work out. I no longer feel like I HAVE to workout. I am no longer taking any medications for anxiety or blood pressure, which is an amazing feeling. Every day I get a compliment about how great I look and I am ALWAYS questioned about how I did it. I never want to revert back to my old habits and I know this new way of living is going to be stuck in me for the rest of my life. All I want to do is help people turn their life around, like I did for myself. If it wasn't for my cousin introducing me to this company, I know I would not have come as far as I did. THANK YOU BEACHBODY!

How did Shakeology® or Beachbody Ultimate Reset® support your transformation? What are the greatest benefits you gained?

I have fallen in love with [Shakeology](#). I have Shakeology once a day, if not my day is thrown off! Shakeology helped me cut out cravings throughout my day. If I had a sudden urge for sweets, Chocolate Vegan Shakeology was there to save the day. I found I had more energy throughout my day if I drank Shakeology. I now put more vitamins in my body that I know I wasn't talking before. My nails grow like crazy from drinking Shakeology!

How did a Beachbody Supplement or Nutritional Product or Program affect any existing health conditions you have?

With these programs and supplements, I was able to lose more weight than I ever imagined I would lose. Now I no longer take medications for anxiety and blood pressure because of my weight loss. I know without these beachbody products, losing 80 pounds would only be a dream, not a reality!

You can change your life too. Take the [Beachbody Challenge](#) for the tools you need to Decide, Commit, and Succeed. Complete any Beachbody program, and enter your results for a free shirt and a chance to win cash & prizes.

[Take The Challenge](#)

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