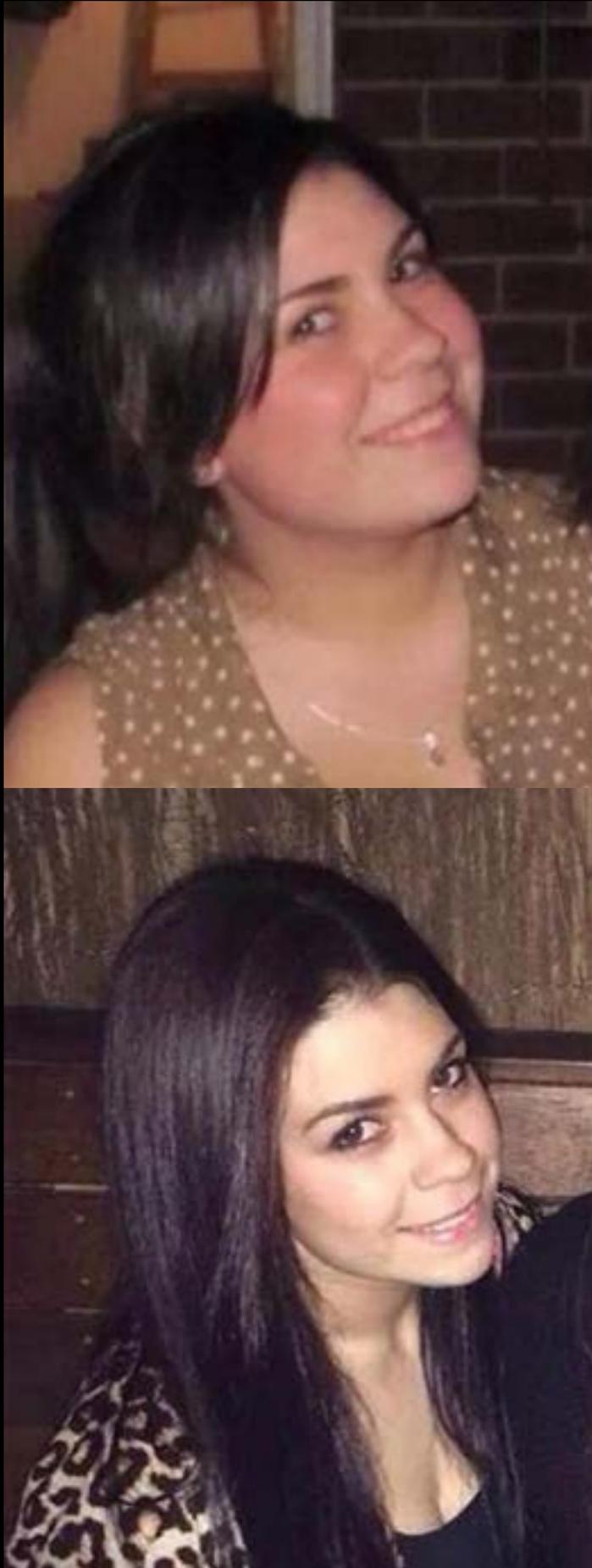


# CARLINE



In July 2012 I started training with Anthony from Training Day. At the time I was 87kg and a size 14. A typical days eating consisted of takeaway, lollies, chips etc. If it was bad for you there's a good chance I ate it. I had always been quite active but I developed anxiety/social anxiety at around 21 and kind of just gave up on everything. And that's when the kg's piled on.

When I started training I made the commitment to myself to eat right and get back to my active self but my trainer helped me achieve so much more than just that. The knowledge he has passed onto me however, has been priceless. But all of those can only take you so far if you don't have the right mentality. We all lose sight as to why we train sometimes and for most it becomes a competition in one way or another with the person next to us. But at the end of the day we need to remember were only here for one thing; to become the best possible version of ourselves.

I never really set myself any goals over the past couple of years. Anthony knew I was always capable of so much more than I ever thought I was so he would set them for me. These days however, I probably have too many goals to keep up with; run faster, jump higher, lift heavier (note for the girls: lifting weights doesn't make you big...it's all a myth!) and the list goes on and on. But my ultimate goal is to look as strong as I feel. Whether that goal will ever be reached I'm not exactly sure, every day I feel stronger than the one before. I've so far dropped down to 65kg and I'm now a size 10, the numbers aren't at all important to me though. What's important is that I'm without a doubt the healthiest, strongest and happiest I've ever been.