

Have you achieved a milestone, like climbing a mountain, completing an obstacle race, or losing weight? We want to hear all about your accomplishment. See below for details.

Going the distance

By PAM O'BRIEN

The motivation

When Melissa was home for Thanksgiving in 2013, her father confronted her about the weight she had gained. "He said, 'I love you, and I'm concerned. I don't know what's going on, but I do know that you care about health and fitness, and this is not who you are,'" Melissa recalls. His words sank in a few months later, when she started a new job at the business school of an online university. "By then, I was wearing a size 12-14, and I refused to go up to a 16," Melissa says.



NAME
Melissa Sledge

AGE 32

HOME Phoenix

START WEIGHT
175 pounds

CURRENT WEIGHT
132 pounds



The diet

Melissa gave up her two favorite foods, pizza and french fries, and lost 10 pounds in 90 days. That inspired her to revamp her entire diet. "I had such bad eating habits," she admits. "I could put away an entire pizza by myself." Today she preps her menu for the week ahead of time and eats five to six small meals a day—lots of fish, chicken, and vegetables. "That's what works for me," she says. It's paying off: Besides dropping pounds, Melissa no longer suffers from fatigue or stomach upset. "I feel energized and satisfied," she says.

The workout

As she made over her diet, Melissa also got active. She started by jumping rope in her garage. "It's an amazing total-body workout," she says. "I'm drenched in sweat, and I feel it in every muscle when I'm done." She jumps for 30 minutes three days a week, and she also runs sprints and lifts weights.

The payoff

Melissa lost 43 pounds over a year. "There are no shortcuts, but once you start seeing results, it does get easier," she notes. Her outlook has also been transformed. "When you're happy with your body, your confidence soars," Melissa says. "Now I finally feel like my true self." ★

Share your success story. Send us an email at idadit@shape.com and include your name, age, and hometown; details about your achievement; and before and after photos. Your story could be featured in a future issue!*