

# Meet ... Sharon Lombardo

Body Zone member since March 2007

At age 51, Sharon Lombardo has always been pretty healthy until a year ago when she fractured her ankle and was also diagnosed with Borderline osteoporosis. As the co-owner of her own business, Lombardo Race Engines, it's important for Sharon to stay healthy. Encouraged by her daughter Becky, she joined Body Zone, improved her body strength and lost 25 pounds within the past year.



When the weight-loss came to a halt, Sharon decided to try Better Choices, Better Life (Body Zone's new weight management program). According to Sharon, 'I was hoping to find encouragement in the Better Choices program and also hoped to learn more about nutrition and fitness. I have tried many of the diets out there. Weight Watchers was helpful, but became costly.' Better Choices worked out perfectly for Sharon. Body Zone's team (Clara, Carol & Jake) gave her the knowledge, support and confidence to take charge of her own diet and fitness plan.

'My goal was to learn more about living a healthy life and become more confident, and I have accomplished that. I would like to say I really liked how real this program was. Not once did either of the instructors say that it would be easy, nor that it would happen over night. They had the facts and backed them up with examples. I really enjoyed working with them.'