Check out this success story!

[Kayla Lonnon](https://www.facebook.com/groups/3023339011104850/user/77201674/?__cft__%5b0%5d=AZWk2FseBQgLh4wDzwGp8pZ5ZrX7syyYWgsCtM1yWz7afEp-qlRnn30JT71rhN_85eFT0i8hAmggP5vxtWBOWauzQRTMsxOXCRDyKG-fFDt0K826jLF2j7DX0Gt04YjJivVG1KBfo2eg_I_1Ju4eeq8l0UBJVs26_CAI-8y4Q9N2BxPr99JKYA8mxeXYGk32N60&__tn__=-%5dK-R)

just completed Inspire’s 14 Day “Drop 10” With A Friend challenge and between her and her friend Rachel Augustine who did the challenge with her, they lost a total of 25 lbs together in the 14 days. I guess it should have been a “Drop 20” instead of a “Drop 10” challenge! 😉Awesome job ladies!!!

In 14 days, Kayla lost a total of 12.2 lbs, with a total % of weight loss of 7.801%. She lost 1.64% body fat and 9 total inches off of her body!!! Wow! 👏

Within the past year, Kayla has now lost a total of 38.6 lbs! Look at her transformation! She looks and feels amazing! 💪😁

I can say that she always comes to the Inspire classes (even at 5:15am) with a smile on her face, full of energy, and ready to do whatever we ask of her without complaining. She has earned every bit of what she has worked for!!! 👊

I’m so proud of you Kayla and thankful that you are a part of our Inspire Body Mind Spirit family! You motivate and inspire me!!! ❤️

Kayla’s testimony:

I never realized how far I had come, until I was asked to send someone a picture of myself from 2019. I think back and at that time I had many different health problems that I couldn’t get answers to. I now know that those issues were due to the excess weight I was carrying around, both physically and mentally.

Unlike many, quarantine was good for me! It was about a year ago that I decided I was going to run a 5K, like really run, all the way through, without stopping, sounds crazy I know! As it seemed our world was spiraling out of control, this I knew was one thing I had control of.

In April of 2020, I started by renting a spin bike from Amber. This thing kicked my butt, literally! I honestly wanted to give up, but one day I saw Amber in the grocery store and she told me that after the third time, my butt would get used to it. So I pushed through, and she was right! Each morning I would ride this thing while listening to devotions from some of my favorites; Chip Ingram and Jennie Allen to name a few. I was not only working out my body, but my mind and soul as well. From time to time, on days with good weather, I would hit the streets with my dog, Penny. Finally on May 30th, I did it, I ran an entire 5K! It took me almost 50 minutes, but that didn’t matter, I did it, and it felt so good!

I by no means set out to be a “runner,” and I still don’t consider myself one. But every time I ran, my time got better. I was so thankful when Amber was able to open the doors to Inspire again. I really enjoyed my time running with either the Matthew West Podcast or Annie Downs Podcast (love me some enneagram summer) in my ear, but I was ready for friends and fellowship, and I guess a little strength training! 😉

My goal was never to lose weight, but simply to run a 5K, and with the support of family, friends, and the grace of God, that happened. I’m happy to say that at the age of 37, I’m the healthiest and happiest I have ever been. It hasn’t been an easy journey, and in this past year I’ve walked through some of the hardest trials I’ve ever been through, but I have learned to lean into God and to trust in his perfect timing and wisdom.

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future. Then you will call on Me and come and pray to Me, and I will listen to you. You will seek Me and find Me when you seek Me with all your heart.” Jeremiah 29:11-13