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