

# 125 Pounds Lost: Boxing Helps Shanna Get Fit

By Personal Experience

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**Name:** Shanna Fried

**Age:** 36

**Location:** New York City

**Height:** 5'3"

**Before:** 290 lbs.

**After:** 165 lbs.

**What was the turning point that prompted you to lose weight?**

I had many moments throughout the years that felt like turning points, but I was finally motivated to turn my life around in Spring 2010. It was also when I discovered [boxing](#).

**When did you start trying to lose weight?**

I started trying to lose weight when I was 14 years old and have tried off and on since that age. For a long time it felt like this lifelong struggle that I couldn't seem to master. I had many moments when I would lose some weight. Then I would gain the weight right back, and then some! In the Spring of 2010 I began my final weight loss journey for the long term.

### **How did you get started?**

I started boxing with a trainer, and loved it from the moment I began! I cut **fast food** out altogether, began to eat breakfast every morning, stopped drinking soda, cut the portion sizes of my meals, and cut calorie intake daily. I think once your body becomes accustomed to healthy physical activity, you begin to gain more respect for your body and how you feed it.

### **What was your biggest challenge?**

In the beginning, my biggest challenge was having ongoing self-motivation. There were many times I wanted to give up and quit, but I would not listen to that self-sabotaging inner dialogue. I tuned it out and I kept going. Another challenge was being lazy and coming up with **excuses as to why I couldn't go to the gym** or why I had to cancel appointments with the trainer.

### **Were there any times when you wanted to quit or give up? How did you stay motivated?**

Oh, wow, yes, there were so many times I wanted to quit and give up! Honestly, I can't pinpoint one thing that kept me motivated. I did a lot of positive self-talks to help me keep going. Having a commitment to meet a trainer kept me encouraged because I was always big on keeping my commitments. Plus, that feeling of accomplishment I had when I finished a workout became addictive and amazing.

### **If you reached a weight loss plateau, how did you break out of the rut?**

I would **change up my workout routine**, train harder, or train more. I would also look at my diet and change that around too.

### **What's your current exercise routine?**

Indoor cycling two to three times per week, boot-camp class two times per week, boxing one or two times per week. My weekly boxing training varies depending on what exercise I do. In total, I work out six times per week. Most of the time, I take one day off for rest.

### **What's your daily diet look like?**

In the morning before the gym, I eat oatmeal or granola with skim milk or peanut butter on whole-wheat toast. My mid-morning snack would be an apple or banana, or a healthy snack bar such as Cliff or Luna [bars](#). Lunch is either tuna with a hard-boiled egg, turkey on whole-wheat bread, or a salad. If I work out right around lunch time, I will have a protein shake or an acai bowl from Juice Generation. For a late afternoon snack, I try to eat carrots and celery or peanut butter with an apple. For dinner, it's usually beef, chicken, or fish with a [salad](#) to start and maybe a baked potato. For a treat, I usually have dark chocolate, Skinny Cow chocolate, or Jell-O.

### **What's your favorite healthy snack and meal?**

Acai bowl for a meal. For my snack, I would say the peanut butter and apple is my favorite.

### **How has losing weight changed your life?**

To keep it short and simple, I would say that weight loss has changed how I feel about myself on the inside. The changes it has made to the way I look on the outside and how my clothes fit is beyond amazing, but the changes on the inside and my confidence are the biggest and most important changes that have come from losing the weight. I always wished that I could be "skinny," and to me that meant being 115 to 120 pounds. Today, at 165 pounds, I'm fit, toned, and I have [muscle](#), and I feel the best that I have ever felt. Today, it is not about being that stick-thin woman. It is about being fit, strong, toned, and healthy – and I can honestly say that I am all of that. The goal should never be to be skinny. It's about getting healthy and becoming your best self.

### **Do you have any advice for those trying to lose weight?**

NEVER GIVE UP! Even when you want to quit, DON'T! Look for that little voice inside you that is saying YOU CAN DO IT! It is there, I promise! If it is not there, let it be me inside your head saying "YOU CAN DO IT!"

Find some physical activity that you enjoy or you can see yourself enjoying. Make a commitment and a promise to yourself and no one else.

Set short-term goals, eat smaller portions of food at each meal, and eat breakfast!

For those trying to lose weight and think it may not be possible, I am here to tell you that it is possible. Some things are not easy, but if you put your mind to it you can do anything.

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