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Tiffany Torres

Age 26

Single, no children

Occupation: Retail store manager

Life Philosophy: I never say I can't do something. I always give it a try because I believe that I am the only person who can stop me, and I never want to miss out on any opportunity that comes my way.

Background

It was like a slap in the face that day in December 2013. "I looked at the picture and couldn't believe I had done that to myself," said Tiffany Torres. "The person in the picture was not the person I saw in the mirror. But pictures don't lie." At 225 pounds, Tiffany was not happy with the way she looked and she vowed to make a change. It was a vow that would require perseverance and steeling herself against pain.

Since 17 years of age, Tiffany has suffered from endometriosis, a condition that causes chronic pain. "I missed a lot of work because of the pain," said Tiffany. "It had even gotten to the point where I needed a cane just to walk. I was depressed and I never wanted to do anything." It was the perfect excuse for weight gain ... but not anymore.

Through the month of January, Tiffany educated herself about nutrition and fitness, and concluded she needed to take baby steps. First, she swapped her typical breakfast foods for more healthful choices. Once she had gotten into a routine with breakfast, she added a healthful lunch ... and finally dinner. She also upped her activity; first walking and then moving into the gym. At the end of six months, Tiffany had lost 35 pounds.

Next ... Phase II with Stephanie Casella.

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Solutions

“By the time I started working with Tiffany, she had already accomplished a lot on her own,” said Stephanie. “She had taken some Ringside Fitness classes, loved them, and decided to try boxing for real. So, in addition to learning how to fight, she needed to get into shape.”

Stephanie developed a nutrition plan to reduce Tiffany’s body fat while pumping up her energy. “It was great,” said Tiffany. “I never felt hungry and I never got bored with the food.” Over the next seven weeks, Tiffany followed Stephanie’s nutrition plan and trained with her boxing coach daily. At the weigh-in for her August match, Tiffany had reached her goal of 160 pounds. But more importantly, she did it without killing herself with water cuts and endless cardio (which dehydrate the body and, thereby, deplete energy).

By her second match in December, she was at 150 pounds. “I’ll admit, the first weight cut was hard, because I’d never done it before,” said Tiffany. “The second weight cut was much easier because I had only six pounds to lose, thanks to Stephanie.” Under Stephanie’s nutrition guidance, Tiffany was able to maintain a high level of energy throughout the fight.

Results

Duration of training:

Ongoing

Change in body weight:

-35 pounds on own; -36 pounds with Stephanie; -71 pounds total

Boxing stats: 1 win, 0 losses, 1 draw

DURATION OF TRAINING: ONGOING



BEFORE

AFTER

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What made you want to box?

I have a passion for it! My father was a professional boxer at one time. When I was little, I used to watch boxing on television with him. I remember, as a kid, saying I wanted to box, but everyone told me no. They said I was too big and too slow. But look at me now. And let me tell you, the look of pride in my father's face after I won my first match was priceless.

And you're able to box even with your chronic pain?

To be honest, I don't remember the last time I experienced the type of pain that I used to have. It's gone away. I might feel a jolt of pain every now and then, but that's it. It is NOTHING like it used to be. That's been a pleasant and surprising side effect of healthful eating and getting fit. So, don't ever use "poor health" as an excuse for not getting healthy. I'm proof that chronic conditions can be overcome.

What do you like best about working with Stephanie?

Stephanie is awesome! She's the happiest and nicest person I've ever met. She has such positive energy, and she totally believes in you. It makes you want to be at her level. It's very motivating.

What's the biggest benefit you get from working with Stephanie?

Her knowledge, I have learned so much about nutrition—what to eat, how to eat, when to eat. Because of her, I now know how to eat healthy. Stephanie gives you the tools to be successful.

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