

KAYLA'S WELLNESS



WAVERLEY OAKS
ATHLETIC CLUB

JOURNEY

WEEK TWELVE

MONDAY, 8/22
6:15AM CARDIO

I am taking an “active rest week” because I feel a little burnt out physically. This journey has taught me the importance of being in tune with your body to know when to take a step back. I will be getting in some cardio workouts this week to keep myself moving while focusing on rest and recovery.

WEDNESDAY, 8/24
6:15AM CARDIO

The weather was beautiful this morning, so I went for a relaxing 45-minute walk around town.

FRIDAY, 8/26
CARDIO

I was sad to miss Charlotte’s Cycle class, but it is difficult for me to get to the Club at 6AM on a Friday. It’s a work in progress and since it is an “active rest week” I wasn’t too hard on myself. Instead, I went for a walk outside.

INBODY ASSESSMENT

In the past three months, I have gained a significant amount of muscle and decreased fat mass - which is great - but I was expecting more weight loss than what the assessment showed. According to Trainer Chris and RD, Janyce, I am doing everything right in terms of fitness and nutrition. It could be indulging on the weekends that are slowing down my progress as almost every weekend has been spent celebrating a wedding or at the lake house. I’m looking forward to fall which will allow me to be super focused on my goals. Overall, I am still happy with the results of this 12-week journey. While I may not yet be back to my most “fit adult self” I am certainly on track, and I am excited for the next phase. Stay tuned!

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TUESDAY, 8/23
6:15AM CARDIO

Another great session on the elliptical!

THURSDAY, 8/25
6:15AM MX4 + CORE

It was my first class in the new Small Group Training Studio, and I loved it! There is so much natural light that gives a welcoming vibe and definitely boosts your mood and energy! I was tired and stressed because I hit some traffic on the way to the Club causing me to be a few minutes late, but Cara was her typical supportive self and I had a great workout which really woke me up!

~~5PM PERSONAL TRAINING WITH CHRIS~~

Our schedules didn’t line up this week, but we will meet next month! While this is the final week of my 12-week journey, we will still meet monthly to adjust my plan as needed and to ensure I am still on track and making the most out of my workouts.

