



body

Amanda Dietrich
writer of "The Look"

Body image was never an issue for me. I mean, why would it be when you wear great clothes? However, after my engagement and the impending date of my wedding, I decided it was time to channel the stress and pressure of planning into something healthy and great for my body. It is time for me to get physical and create a healthy lifestyle that will last far beyond my wedding day. So I am now taking part in Bridal Bliss-ness, a 10-week program offered at Sunshine Wellness Resources (SWR).

While I need to look great in my wedding gown, I also need to use fitness as a way of life. I want to be healthy and live healthy. As I get further in my training, Stacy Brown, my trainer and the owner of SWR, has me working on more than just my physical well being. She also works with me on my mental and emotional well being. She helps me figure out how to channel the stress that comes along with planning a wedding and everyday life. Physical fitness offers me the help that I needed to not only fit into my dress, but to build a lifestyle that will benefit me and my soon-to-be husband! Being fit and healthy is something that I need in my life – not just for my walk down the aisle, but for my happily ever after, too!

SUNSHINE WELLNESS RESOURCES

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A special thank you to Hair On The Avenue for providing hair styling and make up for our three *BCL* freelancers featured in this article.

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