

40 WAYS IN 40 DAYS MAKEOVER FOR THE 40+ WOMAN

Certain things should come with a warning. Hot coffee, sharp objects and bathing suits!!!! On a recent shopping excursion while I was experiencing the “objects in the mirror appear at least 2 sizes larger than they are”, I had a huge realization: I no longer look like I did when I was 25 years old, or 30 for that matter. Frankly at 47 years old, I feel like I look closer to 50 than 40. All I could think while looking in that mirror is “How did I get this way” and “This has got to change!, Where is that contest application?!”

I am the perfect contestant for your 40 WAYS IN 40 DAYS MAKEOVER FOR THE 40+ WOMAN CONTEST! I am at the best time in my life to make some dramatic lifestyle changes, with no excuses to stand in my way. I want to make over my body from the inside out. Obviously I want to look better; every woman wants to have a beautiful body. But I want more than that. I am blessed, most people have found me attractive whether I am thin or Rubenesque (nice word for chunky don't you think). But what I really want is to be healthy! Suddenly my physical abilities have dropped. My energy has waned, and tasks that were easy for me before now require a mini motivational counseling session to achieve. The mere thought of walking in to town (Chagrin Falls not downtown Cleveland) is beyond daunting. I want to jump out of bed with a spring in my step not a groan and a sigh. I know that if I am truly going to change it has to be from the inside out, not the outside in.

I have always thought of myself as being a little overweight. When I got married the 1st time was a sample size 8 and still was uncomfortable with my body. I divorced when I was in my 30's and still thought I looked pretty good, but at 140 lbs needed to lose a few pounds. When I was about 40 it became clear to me that someone very close to me was experiencing extreme infertility issues. I became a surrogate mother for the first time. I gained weight with the fertility drugs and the pregnancy, but was doing pretty well in taking off the weight. The girls in my office decided that after having someone else's baby I needed to get back into the dating scene and my own life, so they put me online! Amazingly I met the most wonderful man and got married about 1.5 years after we met. Right after we married I had a second baby for my friend because the first boy needed a sibling. I think that pregnancy was the straw that broke the camels back, so to speak.

I have an incredible, loving husband. I am blessed to know that his love for me is not dependent on my physical appearance. I have a beautiful, intelligent, vivacious eighteen year old daughter that is ready to spread her own wings and take off for college. I suddenly find myself at a place where it is time to concentrate on me. We are going through a period of extreme change. My husband is in the Army National Guard and is being deployed to Iraq. He leaves Friday the 12th of June. My Daughter is graduating High School, will leave to be a camp counselor at a local camp on June 10th and then leaves for Ohio University in September. We have sold our home and I will be moving into a rental June 22nd for the term of my husband's deployment. I guess I will be ready to start working on me in July!!!!!!

I would never be able to afford the extensive list of services that are being offered by this fabulous contest. My husband has decided that he wants to spend his spare time in Iraq improving his physical condition. I would love to be a physically better me when he returns! This contest will spur me to action and send positive energy as I go through this period of change.

Thank you in advance for your consideration of my entry. I hope you choose me because I CANT WAIT TO GET STARTED!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Stacy Campbell