



*“I thought I might lose a couple of pounds and learn a little bit that’s new ... I didn’t know it would hit me deep in my soul. It was an awakening, and it did give me a new beginning.”*

**Tasha Baynahm** felt defeated and was considering medication for depression when she first met TNBC founder Tash Weddle at a church health fair. She entered the strength, conditioning, and wellness program as a last resort. “I thought I might lose a couple of pounds and learn a little bit that’s new,” she says. “I didn’t know it would hit me deep in my soul. It was an awakening, and it did give me a new beginning.”

Tasha joined a group of women at TNBC who quickly became a surrogate family, with every woman helping the others set and meet their goals. “It’s so hard to find supportive people out in the world,” she says, “but at TNBC we’re all here to lift each other up.”

“People treat big people differently,” Tasha says. “They think that you choose to be overweight, and that you’re lazy. Looking back, I see that I was always trying to fit in, all my life. When you’re bigger, you try so hard to please people and be accepted. Sometimes you drink too much at parties, and act silly just to make people like you. But I was numbing myself back then. I wasn’t dealing with my pain. I’d resigned myself to being the fat girl who never accomplishes anything.”

**Tasha has lost more than 50 lbs. and aims to lose another 50 this winter.** She can climb stairs now without getting winded, and no longer aches all over. Even more striking is the change in her mental and emotional outlook. She forgives herself for the past and doesn’t dwell on “should’ve’s.” She sets boundaries now and isn’t afraid to say no. And she starts her day with “Miracle Morning SAVERS”: **S**ilence, **A**ffirmations, **V**isualization, **E**xercise, **R**eading, and **S**cribing. The ritual helps her manage hectic days and reduce the chance that she’ll backslide. “**I feel better than I have in years,**” Tasha says. “**I’m focused, disciplined, and feel balanced.**”

**Tasha has earned two new certifications in her job working with pre-schoolers, and now envisions herself as a fully credentialed teacher and literacy counselor. She’s working on a financial plan to pay off debt. “Tash said to me, ‘Don’t let life happen to you. Don’t get stuck,’”** Tasha recalls. “**I’m not stuck any more.**”