

Samantha Kitchens' Transformation

My name is Samantha Kitchens I am 29 years old and for the last 9 months I have been on an amazing transformation journey. I have never been very health conscious. I was not into going to the gym or eating "healthy" so I should not have been surprised when I was diagnosed with high blood sugar last October but it hit me like a ton of bricks and I knew I had to make a change. In 2016 I was at my heaviest weight at 277LBS. From 2016 to 2018 I was able to get my weight down to 245LBS but then I became stuck. After getting the news that I was a diabetic and would now not only be on high blood sugar medication but also high cholesterol and high blood pressure medication I knew changes needed to be made but I was lost as to where to start until I met my amazing boyfriend who is a pro-bodybuilder. He was able to not only help me figure out how to exercise more effectively in the gym but also that "healthy" food can taste just as good if not better than all of the processed unhealthy options out there. In just these short 9 months I have lost 66LBS and from my heaviest I have lost 98LBS. I have been able to come off all of those medications I was prescribed less than a year ago. This journey has not only been life changing but life saving for me. I not only look better on the outside but more importantly I feel better on the inside. I have went from someone who did not exercise at all to someone who enjoys going to the gym. I try to push myself with each training session and have loved seeing the progress I have made with how much I can lift. My original goal 9 months ago was to loose weight to become a healthier version of myself but now my goal as shifted and is to one day be on stage as a Figure competitor. My transformation is not complete I plan to keep pushing and become the best version of me.