

**Sharon Constable: *A story of courage determination and the will to overcome***

By: Vince Danielsen & Dylan Berg Innovative Fitness Consultants Inc.

Despite the physical and emotional challenges associated with lupus, Sharon Constable of Vancouver was able to overcome it all. Sharon's determination has changed this disabling disease. With training at Innovative Fitness West, Sharon is now able to participate in multiple marathons and keep up with her six grandchildren. Her overall health has increase and she has lost 50 pounds. Sharon is rewarded with improved overall health and emotional wellness.