

ALEXANDRA JANE

Eating Disorder Survivor | Quest Bar Fanatic | Pitbull Lover

I met Paul at a Panera....

One night after being fed up with eating 5 almonds, dry chicken and asparagus for the previous 5 months. I couldn't do it anymore. Not only was I not seeing results, my health started to deteriorate (mentally and physically.) He reassured me that gone were the days of "clean eating" and here were the days of "flexible dieting." I put my trust in him and never looked back. To this day, I am forever grateful for him and I truly believe that he played a major part in my recovery from Anorexia.

My Gym Essentials:

1. Chucks
2. Nike Romeleos
3. Inzer Belt (1,2 and 3 are color coordinated!)
4. SBD knee sleeves
5. Headphones

One thing you may not know is....

I have an affinity for crime stories, more specifically serial killers. As morbid as that sounds, I've read and/or watched documentaries on several infamous killers. It is interesting to me that several have lived dual lives and just goes to show you that you never truly know who you're dealing with...be vigilant and selective when letting your guard down.



I got into fitness and lifting with NOT the best start...

Let me explain. I struggled with Anorexia for 10 years. Cardio was a bad habit I could not shake for a long time. Don't get me wrong, cardio has its place in training...just not 2 hours a day, 7 days a week. I then became fixated on regimented diets that yielded dismal results. It wasn't until I met Paul and learned a different method for "dieting" did I start to regain control of my life and set foot on the path to recovery. Couple flexible dieting with heavy lifting and I feel like a changed woman!





My 3 music choices

1. Hate to say this but I have a strong love for Rap! Young Jeezy, Young Dro and TI to name a few
2. Black Metal is my latest obsession- Dragged Into Sunlight, Coffinworm and Anaal Nathrakh are some of my favs!
3. The Weeknd is solid and for oldies I will take Eagles ANY DAY!

Foods I cannot live without!

First and foremost, **QUEST BARS!** My favorite flavor is **Chocolate Brownie with Cookies & Cream** coming in a strong second.

I'm on this latest kick of oatmeal with squash. Publix has this fantastic frozen squash so I mix it with oats and wow is it filling.

Steak and Chicken.

Waffles -Sorry Sean!

Some Things I Wonder from Time to Time:

What would my dog say if she could talk?

Why does my mouth stay open every time I put on mascara?

How much more time would I have in a day if Facebook didn't exist?

Who would attend my funeral if I were to die today?

What if we had a universal language?

One person I admired most in my life...

Has to be my grandfather. He was not my biological one, however, he sure made me feel like it. Earl Jockell, was an amazing, loving, nurturing and intelligent individual. He fought in WWII, build a business out of nothing and loved my grandmother with all his heart. As a child, he used to always say to me the 3 most important words are "Education, Education, Education." I didn't realize how true that statement was until later in life when I went on to college and then to receive my Masters. I hope one day to receive my Doctorate as well, however that is still a work in progress. If there is one thing that cannot be taken away from you, it's your education and knowledge. I hold my mantra true in each day "Always Be Learning."

My Top 3 achievements:

1. Undergrad and Graduate school. I have a passion for learning and education is one thing that no matter what situation you are put in, can never be taken away from you. I value my degrees and the dedication I put forth to earn them.
2. Approach a place in recovery where finally I am comfortable in my own skin. I would be lying if I said it's been easy. It hasn't. I also can't tell you how the heck I really got here, I just did. I was tired of living for my eating disorder, not for myself. I was tired of missing out on opportunities. I was tired of being tired.
3. Being able to lift again. Lifting has given me a new found respect for the gym. I am really enjoying the powerlifting aspect of training and I think for me, it's helped substantially in my recovery from Anorexia. Last August however, I injured my back with a L4-L5 disc herniation. I was out of training for a couple of months and it was a really tough pill to swallow. I feel fortunate each day I can go in and lift, pain free.