

# She's been bitten by the bug!!

In July 2014 some of the world's greatest bike riders descended on the United Kingdom to complete one of the stages of The Tour de France.

It was finally here and what a legacy it left behind, especially for me! Whilst I have become a keen mountain biker, I had got the bug!

I was inspired to purchase a road bike. 😊

As a life coach and my niche being weight loss management it is so important to "walk the talk" I have transformed my own personal life with a good balanced diet, regular exercise and the right mindset.

In doing so have lost an incredible 12 stones in weight (168lb)

In 2015 I wanted to challenge myself and step out of my "comfort zone" yet again. I visualized myself being back watching the stage of The Tour de France and exciting it was to see so many amazing riders from around the world right here in my own City, Sheffield.

My goal is I am Cycling London to Paris in June 2015. It will be 252 miles (406km) over a 3 day period. I shall be raising money for two charities Weston Park Hospital Cancer Charity and Endeavor.

To support me in my preparation for such a challenge I have enlisted the knowledge and expertise of Simon Keeton – President of the Rutland Cycling club. The club was founded in Sheffield in 1908 over 100 years ago. The club has seen some amazing achievements over the years. Simon, who is my cousin, broke the World Tandem Hour record with a fellow Rutlander at the Manchester Velodrome in September 2000 breaking a record that had stood since 1939.

I shall also be working with the personal trainers at “powers Gym” to focus on general cardio fitness levels.

What I have come to realize is how certain things happen when we visualize something we want to achieve, which will improve the chances of us succeeding.

This principle I have used in all of the challenges that life has presented to me, whether physical or mental challenges or others personal goals I have achieved.

Visualization can be very powerful to support dreams to come true.

So go ahead, dream a little and see where it takes you!

If you enjoy reading my features in the abouther magazine, please let me know.

Deborah

### **Writes Bio**

Deborah Cundy

Debbie Cundy is a Business Woman, Qualified Chef and Life Coach and Feature writer.

Owner of Clarity in Mind – Life Coaching, Debbie’s niche is weight loss Management.

After losing an incredible 12 stones, (168lb) herself with diet and exercise no pills, shakes or weight loss Surgery.

Having over 30 years’ experience in various areas of the food industry, she has worked with Clients in Finance, Media, and the corporate arena and has had the privilege of being in the presence of HRH Princess Royal.

She is very passionate about working with local charities and supporting community projects and has been recognized for her tireless contribution.

Her motivation in life is seeing her clients, grow and transform their lives for the better.

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