

Liberty woman named national “Success Story” of the year

At 4’10” tall, she may be small in stature, but Tanya Braa of Liberty sure knows how to wow a crowd.

Barely a year ago, Braa admittedly was depressed after looking at photographs of herself taken on her 30th birthday. But instead of wallowing in self pity, she decided to do something constructive about the situation. So, she joined a fitness club which had recently opened in her area and the rest – as they say – is history.

Fast forward to the Zermatt Resort in Midway, Utah two weeks ago and there was Braa up on stage accepting a prestigious award as one of only three national Anytime Fitness “Member Success Stories.”

“Tanya is truly and genuinely an inspiration to others,” said Anytime Fitness national media director Mark Daly. “She’s living proof of what can be accomplished through hard work and determination. Not only that, she’s a delightful young woman.”

Braa credits several other people for her success. “I could never have done this without the support of my husband, David,” Braa says. “He’s my workout partner and my emotional support.

“[Anytime Fitness personal trainer] Lee Larson made me believe I could do things I once thought were physically impossible. He’s an incredible motivator. Words cannot possibly express the gratitude and respect I have for Lee and the changes that have occurred in my life the past few months.”

With Larson’s help, Braa lost weight, toned muscles and improved her eating and exercise habits. In less than a year Braa went from 156 pounds and 38% body fat to 95 pounds and 5% body fat. Last May she even competed in a figure competition in Kansas City. (Tanya is quick to emphasize that, these days, she typically weighs 10 – 15 pounds more and she has a healthier body fat ratio. She only got down to 95 pounds and 5% body fat for the figure competition.)

Braa also credits Anytime Fitness club owner Hope Ashby for setting a positive example and mentoring her. Ashby has competed in figure competitions of her own. “Had it not been for Hope sharing her story with me,” Braa said, “I would never have joined the gym and had a story of my own to tell.”

During the awards ceremony at the Anytime Fitness national conference, a video depicting Braa’s “success story” was shown to hundreds of club owners from all over the country. The audience clapped in appreciation of Tanya and Dave’s rigorous workout routine -- and Tanya got a standing ovation when she accepted her “Member Success Story” award. “There wasn’t a dry eye in the house,” reports Daly.

###