

Fitness Inspired Success Story

Start weight: 233 lbs

Present weight: 171 lbs

Elizabeth's Story: Before I made the decision to get healthy, I was eating fast food (burgers, fries etc...) about 3 times per week, I didn't eat breakfast consistently, and I when I did cook dinner I was eating way more than I should, plus I loved having evening snacks. I didn't exercise at all. I would come home from work and chill out on the couch, so I lived a very inactive lifestyle. I had been gaining weight consistently and I was miserable. I didn't feel good, I was tired, and my clothes didn't fit so I decided to make some major life changes.

It was January 30, 2011; I had made the decision to join Weight Watchers (WW) Online. I knew that I wasn't a meeting person and that I had enough motivation myself to keep me going. Once I made the decision to join I knew that I had to start exercising if this was going to work. So I bought myself a Wii Fit and began doing different exercises, one of them was running. I would run in place for 30 minutes almost daily. You may not think that running in place is good exercise, but it got my heart rate up and most importantly got me moving.

Once Spring time came, Nimkee Fitness offered a Beginning Running Class to train for the Human Race. I was excited to move my running outside and knew that this was my chance to really challenge myself. So I began doing the class twice a week. It was definitely challenging, but worth it. Once the class was over, I began walking 4-5 times per week for 45-60 minutes. I did that through the summer as I am not a fan of running in the hot weather.

Once it got cooler, I decided that I wanted to run in the Run on the Rez 5k. I hadn't been running but with all the walking that I had done, I thought I should be ok. I finished the race and it felt amazing! It was my second 5k race and I felt such a difference from my first race.

I have lost 62 pounds and I feel good. I know that I have to keep moving and eating healthy to reach my goal.

Motivation: I was not happy in my life. I knew that I had to make changes now or I may not make them ever and I would stay in my unhealthy lifestyle.

The Plan: I have continued with WW and will stay on WW until I reach my goal weight. I have incorporated Step Class twice a week at Nimkee Fitness and I continue to walk weekly. Now that it is cooler I would like to incorporate a run or two a week.

Goals: I would like to continue to push myself and do more 5k races, maybe do a 10k eventually. I would like to try snowshoeing this winter. Most importantly I want to keep moving.

Advice: It is hard work but worth it. Keep moving, once you stop it is more difficult to get going again. Even if you don't want to exercise you will feel so much better after you do. Also pick a weight loss plan that will work for you. I have found out that it is about balance and moderation. I am far from perfect and I have had days where I have went overboard, but I didn't let it derail me, I didn't want to fall into the pitfall of "I blew it so I guess I will continue to eat what I want and not care" or "I didn't go to fitness at all this week, I can't go now". Try not to get sucked into the old way of thinking, making life change is a difficult process but one that's achievable.