

Fitness Inspired Success Story

Start weight: 197 lbs.

Present weight: 173 lbs.

Future weight: 150 lbs. by December 16th

Tonia's Story: Prior to the weight loss, I ate out more often (at least 3 times a week) and did not make it a point to exercise.

Motivation: I have wanted to lose weight and get in shape for quite some time but without some type of accountability I didn't follow through. Then I was invited to participate in a group weight-loss challenge through work and that gave me the accountability I needed to stick with it.

The Plan: I make it a point to exercise now and I try to make it fun. I started out with completing Nimkee's Boot Camp this summer. During the weight-loss challenge I did a lot more cardio (treadmill, Frisbee and swimming) than strength training (Boot Camp). I plan to do more resistance training from now on so I can tone up and also because muscle burns more calories even after a work-out session, which helps to lose more weight.

My eating habits changed quite a bit. I used calorie counting to lose weight and aid with portion control. I wrote down every little thing I ate or drank. It is a great way to see exactly how much I was taking in each day. I used an online calculator to determine how many calories I was allowed for my age, gender, height and weight and then subtracted 500 from it to come up with how much I could eat and still lose at least a pound a week. Any exercise I did only increased additional weight loss. I feel, based on losing weight only, it is more about how much you eat and not what you eat.

Goals: I am continuing on for the remainder of the year and plan to lose 25 more pounds.

Advice: You don't have to be perfect and don't think of it as a diet but make changes you can stick with from here forward. Be realistic and

believe you can do it! It is super easy to find reasons not to get started or to follow through with your goals but just start it and build on it each day and the next thing you know you are there😊!!