



From Struggle to Success

How I changed
my health and life
in less than 6 months

It is all about  U

The Struggle is Real—
I can show you
how to overcome it!

3 Keys
for Unlocking
Better Health &
Weight Control Success

SURPRISE!
It's not about exercise!
It's not about willpower!

It is all about **U**

The Keys to Weight Control

1. Drinking Water
2. Rewiring Habits
3. Focusing on People

First, let's see how I went from this—to—this!



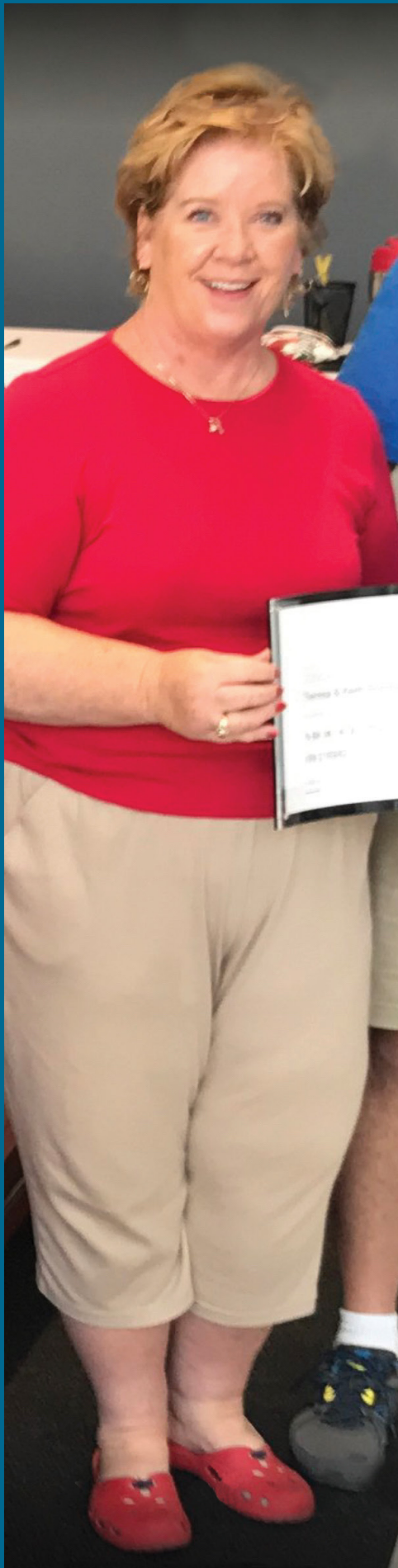
I can help you do the same—without going to the gym or swearing off dining at restaurants.

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My Starting Point

Let's face it—
I struggled with
weight as long as
I can remember,
but I wore it well.

- I was fairly healthy. My labs were all good.
- Only my Dr. knew how big that number was on the scale.
- I shopped alone. No one knew what size I wore and where I had to shop.
- Luckily, Plus Sizes were available in trendy styles.



- I hid behind the new movement that we should be comfortable with however we looked. But I wasn't.
- I was never into sports, so limited activity due to my weight wasn't really a problem.
- When diagnosed with a life-threatening condition, it was a hassle to adjust medication doses if my weight changed, so I kept it ALL on.

A Shift in Life and Health

In 2020, so many things changed for me and my health!

- We discovered my chronic condition had actually “cured itself” (see my blog for more on that)!
- As a result, for the first time in almost 20 years, I wasn’t taking heart medication.
- I read a blurb from Mayo Clinic: For every pound of excess fat, your heart has to pump blood an additional 5 miles! It got me thinking—I have been given another chance at a longer life,

but I knew I had to take care of my heart. If it goes, I am done!

- Enter COVID, and some extremely difficult and stressful family situations.
- I was at my wit's end, and nothing seemed in my control.
- My “emotional eating” pattern went into high gear.

Then, serendipity struck. I met a friend who had been trying to lose 35 pounds for years, and

FINALLY

had done it. I needed to learn more. After all, what did I have to lose?



Average weight loss on the Optimal Weight 5 & 1 Plan[®] is 12 pounds.
Clients are in weight loss, on average, for 12 weeks.

What did I have to lose?
About 70 lbs!

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I
tried
everything.

What changed!?

I had tried EVERY “diet” on the planet, but nothing worked for more than a month or two. I just couldn’t stay with anything.

And losing 70+ pounds seemed like a BIG hurdle—especially since I wasn’t willing to give up certain parts of our lifestyle!

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- We eat out a LOT, and I didn't want that to change.
- I do NOT like to cook, and I wasn't signing up for "meal prepping."

Easy and uncomplicated was critical—I had to get something under control in my life!

My friend shared with me that I was right where she had been.

She hadn't been heavy until after the birth of her child, and nothing seemed to work.

My Weight Loss Journey Began

Goal 1:

Lose 63 lbs. by my 63rd birthday

Start Date:
July 4

So, I started in July
—halfway to my 63rd birthday!

The plan was simple
to follow.
Food prep for only one
meal a day.

I could mix and match
so no two days were
the same—
and have a brownie
every day!

The rest was already prepared and very portable. My typical day looked a bit like this:

- Shake in the morning
- Snack bar mid-morning
- Hearty snack / lunch mid-day
- Snack bar or “crunchy stuff” mid-afternoon
- Protein and veggies for dinner or lunch (swapping the large meal as needed)
- My favorite part—a warm brownie with whipped topping EVERY NIGHT!

The Plan Worked

Goal 1:

DONE in 5 months!

July-December

-62 lbs. and 65½ inches

Goal 2:

Maintain loss & lose last 10 lbs.

DONE on July 4th—1 year later!

**5 Sizes
Smaller
in Just
1 Year!**

An unexpected struggle: I had to work hard to recognize my reflection in the mirror!

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My transformation was SO much more than weight loss

I SET OUT TO REACH A GOAL...

- I wanted control
- I wanted to look better
- I wanted to be willing to be “in the photo!”

Rarely is “getting healthy” the primary daily motivator. It’s about real results we can see!

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AND I GOT SO MUCH MORE!!!

- I purchased clothes in regular stores/sizes—5 sizes smaller!
- I went up/down steps quickly
- I could water my outside plants
- I fit through turnstiles without turning “sideways!”
- I could bend over and touch the floor
- I had cheekbones!
- I was IN THE PHOTO!!!

I made a big,
uncomfortable decision.
It meant sharing my story . . .
the good, the bad, and the ugly!

I wanted to do more than just share my story...

I wanted to Pay It Forward.

I wanted to learn more and do more so I could help others do the same.

Mayo Clinic had the answer in their Health and Wellness Coaching certification program.

I relied on them for a chronic health condition for more than 20 years.

I completed their program, and the rest is history!

MAYO
CLINIC
CERTIFIED

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Since I began coaching, I have been able to help clients in 15 states with:

- Weight management (yes, some people need to gain weight!)
- Stress management
- Non-exercise activity levels

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*I can help you
achieve success like this!*

BEFORE AFTER



Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds.
Clients are in weight loss, on average, for 12 weeks.

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My 3 Keys to Weight Control Success

So, you're probably wondering what the magic was for me to lose more than 60 pounds in 5 months, right?

Believe it or not, the biggest keys to my success were simple strategies anyone can do. It wasn't some intense, sweaty exercise regimen or avoiding restaurants!

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For me, these **3 keys** have mattered most:

1. WATER

I started off by replacing all beverages with water. That includes diet soda as well as sugary drinks, which add up like crazy.

Did you know you drink more when you use a straw? Probably why we end up drinking too much soda! So, use a straw to drink water, and take your water bottle with you everywhere! Water keeps you feeling fuller and more satisfied. Sometimes, when you think you're hungry, you might just be feeling thirsty! What about caffeine? *If you must have caffeine, skip all the additives.*

2. HABITS

Rewiring your habits and mindset will make a huge difference.

Another huge factor in my life was **stress**. I was an emotional eater, as are many people.

So, I needed strategies to replace old emotional eating habits with new healthy habits.

Knowing my emotional triggers or cues and getting in a mindset that I **CAN** replace those cues with healthier ones has been **AWESOME!**

2. HABITS *(continued)*

Whether you eat because you're bored or overwhelmed with emotion, we will develop strategies to get through it.

Do you like to eat at restaurants? You'll learn how to deal with that, too, by controlling portions as soon as meals arrive.

3. PEOPLE

Instead of focusing on food, I focus on people. The holidays, parties and other gatherings seem to revolve around food.

When I learned to focus more on **people** and not on what I was eating, I had more fun and made better connections. Isn't that really what getting together is about?! Also, be sure to ask people in your family for support with your new approach. That means no more of the worst foods and most active eating triggers in the house! Make sure everyone knows how important that is to improving your health!

If we work together on your mindset and habits, I'm confident you can do it!

- Be willing to invest in yourself
- Be willing to work on being your best
- Be willing to partner with someone who has your back.

**It Is All About U
and your choices for
nutrition,
mindset and
movement.**

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Every journey is different—
they all can be successful!

I'll help you capture
your confidence.

I'm here for you—1 on 1—
every step of the way!



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