

Whole Body Fitness

by Lajuanna

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Each day is a gift and a new opportunity to make a positive impact on the lives of others. By our actions we can Empower, Encourage, and Educate one another to become the very best person that we are meant to be.



I believe that one of the ways to experience Whole Body Fitness of the mind, body, and spirit is to embrace eating to live rather than living to eat. It is vital that we fuel our bodies with nutrients derived from whole foods (fresh produce, less processed) that will allow our body to thrive and function at its best. This month we are featuring Linda Lee who views herself as a walking testimony and is actively sharing her message of health and fitness in order to help others improve the quality of their lives. Linda will be turning 65 this October and after years of being overweight with chronic illnesses she decided to focus on her health both mental and physical fitness; and within a year she lost nearly seventy pounds and is excited about getting her life back on track.

How bad habits began



Linda worked for Chrysler Automotive for 32 years and for many years she drove over an hour one way from Ann Arbor to Sterling Heights, worked 8 to 12 hours a day, 6 to 7 days a week. With the repetitive nature of the work she soon became an avid beer drinker, developed asthma, bronchitis and suffered temporarily loss of her sense of smell due to exposure to paint fumes. She also had surgery and physical therapy for torn rotator cuffs on both shoulders. And when it came to eating, it consisted of "fast food" restaurants and having to eat really fast in order to get back to the production line at work. During this time Linda learned that she developed Type 2 Diabetes, followed by Gout, Stage Three Kidney Disease, Hypertension, and Heart Disease. She soon began taking a series of prescribed medications and this scared her because she saw how her mom was over-medicated and this led to a series of health issues for her mom that Linda did not want to endure.

When I Retire...



Linda promised herself that when she retired in 2008 she would start eating healthier and exercising to lose weight. Although she started walking everyday she continued to gain weight and her health continued to decline because her eating habits remained the same. Concerned about not losing weight and about the medications she took every day, she began researching ways to heal her body holistically. Unfortunately, she spent a lot of time and money but saw no change in her health until she began seeing a Diabetes Specialist. Prior to the Diabetes Specialist, Linda took Humalog insulin injections (used to control blood (glucose) sugar) three times a day, Metformin which “helps to restore the body’s proper response to the insulin that’s naturally produced. It also decreases the amount of sugar the liver makes and the stomach/intestines absorb.” Although Metformin “aids weight loss by reducing your natural instinct of hunger, so you eat less,” it is important to manage what you eat and how much you eat in order to see weight loss. Linda also took Lantus every night which is a long-acting insulin that starts to work several hours after the injection and continues working for 24 hours. Linda decided to stop eating after 6pm and saw that her numbers were at the right levels and made that decision to stop taking Latus. When she informed her doctor, he was very impressed stating “it shows that you are listening to your body”

A new approach

Linda saw weight loss soon after she became serious about her health. She began juicing fruit but quickly switched to juicing mostly green veggies to reduce her sugar intake and increase the added health benefits. She also reduced the amount of food (portion control) and type of food (more whole foods, less processed and less sugary sweets). She also went from taking 1700 steps per day to over 10,000 steps per day and began jogging when her health tracker encouraged her to start. When Linda started jogging it was difficult at first until a friend encouraged to “just try” and after a lot of research she soon began Chi Running. “Chi Runners are taught to: Engage the core, maintain a forward-leaning posture, relax the limbs, and take plentiful, light steps, landing midfoot. The theory behind Chi Running is that with your attention to the process of running (form and technique), you’ll reduce stress on the body, which will lead to fewer injuries, improved speed, and a more pleasurable, relaxing run.” Chi Running allows Linda to run longer distances without the risk of injury, is also good on her joints in spite of having arthritis in both knees and hips, and she no longer has shortness of breath doing ADL’s (activities for daily living). Healthy food choices along with increased physical activity contributed to Linda’s substantial and sustained weight loss from 250 to 174 pounds. She no longer has to see the Diabetic Specialist, is no longer insulin dependent and no longer has to give herself shots or finger pricks. Her kidneys are fine, her blood pressure medicine has been reduced by half, and she no longer has asthma flare ups. Linda continues to check her blood sugar levels and her blood pressure regularly.



Use it or Lose it

After age 30, people who are not physically active will begin losing muscle at a rate of 3 to 5% each decade, losing muscle and strength, however this can be remedied with resistance training. Although Linda had increased her physical activity, weight loss revealed muscle loss that left her body quite flabby in a lot of areas of her body. She was not happy with the way her body looked and sought the help of Fitness Lifestyle Coach, Lajuanna Robinson to firm up her muscles and gain more strength. Linda met with Lajuanna twice a week for four weeks and had this to say about her sessions: "Lajuanna focused on my form and the pace of the movement, she made sure I was feeling the muscles I am that I am working", "she is a beast; I worked hard, and I could see results in a matter of a few weeks". Linda also says that there are days when she may not want to work out but will push herself to go because she knows that it is worth it. She now has more energy and loves how her body is firming up. She also faithfully attends the Whole Body Fitness "Saturday Morning" Walking Club and has not missed a Saturday.

Change your mindset and change your life

Linda succeeded at weight loss when she chose health and wellness as a lifestyle. She also took control and action over her well-being. Congratulations Linda, you are truly an inspiration. Where ever you are on your health and wellness journey, I would love to help you successfully achieve Whole Body Fitness as a Lifestyle. You can contact me at 734-672-0463, or www.wbf-by-lajuanna.com and I will help you take your next steps.

It's a lifestyle

Linda's lifestyle approach to eating is to consciously make good food choices (whole foods, less processed foods, less meats, eat in moderation, and does not eat after 6 pm. She will not restrict herself from anything and if she decides to eat a piece of cake, she eats it early in the day when she is more active and works out a little harder to burn those extra calories. Linda also prepares a green smoothie using her Vita Mix (or a blender) twice a week, which is full of vital nutrients, keeps her satisfied and energized throughout the day.

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Linda's' Green Smoothie

1. 8 oz of water
2. 2 to 3 handfuls of fresh spinach or Kale
3. 3 celery stalks
4. 1/2 of a cucumber
5. 1/2 juice of a freshly squeezed lemon
6. 2 bananas
7. 1 granny apple (cut in 1/4)
8. 1/2 Tab ground Chia Seeds
9. 1/2 Tab ground Flax Seeds
10. 1/2 scoop of Vega Protein and Greens Mix (from Meijers)
11. 1 scoop of Blue Bonnet Super Earth Organic Green

Makes 2 Servings (Ingredients listed in order)

Blend until smooth. Enjoy