My Life Changing Hike!

I was offered the trip of my dreams to Hawaii. I wanted so badly to lose weight before I went and had been on Weight Watchers for years. I was not having any luck. I had many food allergies and medications which also made it difficult.

In November of 2010, at 230+ lbs, I decided to make an extra effort to get better reports from the doctor and enjoy myself on my trip. I started to do things to relieve stress and started to eat better. Because of several ankle and knee surgeries, I was limited in my exercising. At one point before my surgeries I managed 60 to 70 miles a week in walking and could hardly do 10 minutes at this time. By my trip's departure time I had lost 15 lbs and thought I looked great. However, when I reached Hawaii and started hiking, I realized I was totally out of shape and could not believe what I had done to myself. I vowed to get back to healthy for myself and to be here a while longer for my family. When I returned and saw pictures, I was so disgusted on what I actually looked like. I could not believe that it was me. This was not how I pictured myself looking in Hawaii.

I went through Sparrow's Weight Management program seminars to learn to eat correctly, exercise correctly and learn why I overate. I did not have any stomach surgeries; this was all watching food intake and exercise. When I finished I joined Planet Fitness with my daughter to try to get moving. My first day, I could only do 1 minute on any cardio machine. I started to read more through Jillian Michaels' book and email tips and started dropping more weight. I was at a plateau and my niece suggested a free Ap on-line called "My Fitness Pal". You record what you eat and your exercise, and they set your calorie goals. This fall I learned about a fitness tracker called Fitbit, and again it synced with my other Ap and gave me the additional boost and feedback I needed.

I can proudly say in 2 years I have managed to lose 70 lbs, and am going to try for 12 more. All my stress levels and labs are normal, and I can say I look and feel better. I did my first 5k last summer and am planning more this year. I go to the gym 5 to 7 days a week and walk and do stairs on my lunch. I can now do over 30 minutes on those same machines. I can play to my heart's content with my grandkids and even get up off the floor.

I am helping several co-workers try to reach their goals and am in a "Biggest Loser" At Work weight loss contest for 12 weeks to get the rest of my weight off. I have also accepted the Governor's Health challenge to get a healthier Michigan.

Getting ourselves healthy should be a priority. My trip was a reality check that opened a new life for me, and as my husband says 'a new wife'!

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See pictures on page 2

My Pics

Nov 2010

March 2011 (-15 lbs)

My life changing hike!

October 2012 (-60 lbs)

December 2012 (-68 lbs)