

Journey to Wellness

SASD Success Stories!



2018

Lynn Mealiff

I had always been a yo-yo dieter, I have tried a lot of diet plans (Weight Watchers and South Beach), but was never fully committed. Not being able to run alongside my daughter at the park because I was too out of breath or too lazy, is not the life I wanted for myself. I also had a lot of back problems, and was having a hard time picking up my daughter without being in pain.

I started with a health coach through a weight loss program at Prevea. I liked this more than other programs because I knew I would be meeting one-on-one with a coach every week, and she would be dissecting my food journal in helping me be accountable. Plus, I didn't need to eat special meals and could eat with my family, cooking healthy meals for all of us. Until I get to my ideal weight, I have cut out some foods, especially anything that contains sugar.

I don't eat special meals, just lean protein and veggies. So, my family eats what I eat. However, we do still have some junk food in the house for my husband and daughter. They are in a separate cupboard that I only go into for my daughter. I have my own cupboard of healthy snacks.

I don't exercise except for occasional bike rides, walks, and playing with my daughter and dog.

My long-term goal is to lose about 30 more lbs. and then maintain my weight by exercising and tracking my food. I don't want to live by depriving myself of treats, but instead eat with moderation. I've realized that for me food is addictive, especially sugar. I will need to be careful with treats, so that I don't go back to my old ways.



My advice is to drink more water, track everything that you put in your mouth, set short-term and long-term goals, plan your meals ahead of time, write down your reasons and motivations for wanting to lose weight and put it where you can see it. Understand that weight loss doesn't happen overnight – it's a process and you can do it!

Dawn Navis

For quite some time, I was unhappy with how I looked and felt. While I had been exercising, I wasn't losing any weight. I took a hard look at myself in the mirror, and I didn't like what I was seeing. So, when there was an opportunity to sign up with the district personal trainer, I jumped at the chance.

I really made the switch to eating better when I joined the personal training program. I needed someone to hold me accountable. I find that diets make me feel restricted. If I do try to diet, I often crave sugar or carbs even more.

I was extremely happy when I was selected to participate in the district's personal training program. I make exercising a priority. No matter what, I leave school no later than 4:15 p.m. and go to work out at North's fitness center. Also, I enjoy cooking, so creating healthy meals is relatively easy for me.

I have lost about ten pounds, but overall, I lost several inches. Having an exercise partner helps keep me in check and the fact that I am self-motivated helps me maintain my weight. I have learned to eat slower and to participate more in the family discussions during supper. Drinking a lot of water helps me feel fuller, and eating something small like an apple before supper helps - I don't feel famished and eat too much.



My exercise routine is varied between strength training and cardio. I always start with a cardio warm-up for fifteen minutes such as bicycling or the elliptical. Then, every other day, I will do either 45 minutes of strength training or 45 minutes of cardio.

My long term goal is to be healthy and to live an energetic life style. Truly, I live by the motto, "It's not about being the best. It's about being better than you were yesterday." (Tone-and-Tighten.com). Find someone that will hold you accountable. Try new foods and get everyone in your family involved in the process.

Julie Herziger

I decided to make some changes when I realized that I had returned to my highest weight AGAIN and was feeling run down and tired. I was sick of the yo-yo cycle of trying to lose weight and then gaining it all back again.

Regular exercise had been a habit of mine, off and on, for a long time. I changed the type of exercise I was doing and committed to 5 times a week.

I am not on a special diet. I really like all sorts of foods and crave certain things at times, so for me it seems to be working that I allow myself higher calorie foods on days that I work out harder to “earn” those calories. I have kept track of this on my phone for over 220 days in a row so far!

I was fortunate enough to be chosen to work with Sarah Seifert, the personal trainer with the SASD. I learned a lot about weights and strength training, which I added into my routine.

I plan a weekly menu of healthy suppers and pack my snacks and lunch for the next day. I have never had success working out early in the morning, so I decided to mentally tell myself that my work day didn't end until my exercise was done. My plan is to keep doing what I have been doing but add in more variation to the workouts. Most of weight loss is from what you eat (or don't eat), so keep track of it and don't beat yourself up if you can't get your exercise in. Using Myfitnesspal is eye-opening and really helps one to focus on exactly how much you are eating. Avoid thinking you are too old, or it is too late to make changes. After many years of being in a suffocating marriage and going through a tough divorce, it took me time to recover and to see that I am worth it. Losing weight and exercising has not only been good for my health, but also good for my soul and mind.



Kelly Brotz

I was on a vicious cycle of yo-yo weight loss for many years. In January of 2017, I was at my heaviest I have ever been, close to one of my 9-month pregnancy weights! I did not like what I saw when I looked in the mirror.

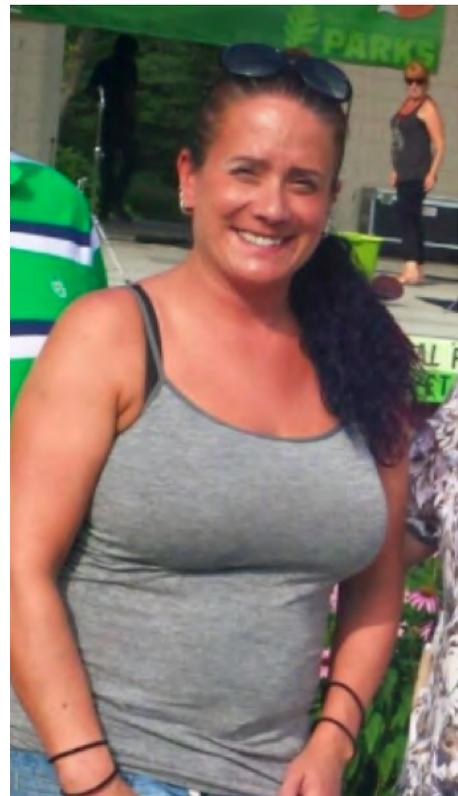
In the past, I had killed myself working out 5-7 hours a week. A friend had great success with the J.J. Smith, 10 Day Green Smoothie Cleanse and Smoothies for Life books. I ordered the books and got started. It was all about “clean” eating. I did not think it was possible but I jumped right in and saw results almost instantly. I learned that you need not exercise like a maniac while eating this way as you do not have all the excess wasted calories to burn.

In November, after realizing that it was causing more problems for me than were worth it, I gave up my last vice, alcohol. Simply by cutting these high calorie beverages out of my diet, I lost that 10 pounds, and have maintained a weight in a neighborhood that I am MUCH more comfortable living in and have always wanted to be.

I think when I was exercising like a maniac, I was always trying to catch up to the calories I consumed in a day. I try to eat as clean as possible, keep up with my green smoothies, and drink LOTS of water in a day.

My goal is to maintain my weight in my current “neighborhood” and stay strong! I have also maintained my sobriety for 5 months and that has made ALL the difference in my attitude and outlook on life.

You need to be committed, motivated, and be willing to change your lifestyle. Contact me if you want more info on the Green Smoothie Cleanse, some of my favorite workouts, or even if you have a desire to stop drinking.



Sally Ross

After knee surgery, I decided I needed to take control of my knee instead of my knee controlling me (permanent numbness, struggles walking up the stairs, and walking up inclines).

I started changing my eating habits by cutting back, taking the top off of sandwiches, not ordering fries, and coming up with a breakfast plan. I increased fruits and veggies, and kept asking myself, "Am I eating for pleasure, or eating for fuel?"

Although I still eat cookies, I just eat less. I try and stay away from munchies. If I am tempted, I have one or a few chip etc. and that is enough to curb the urge.

When weather is too bad to walk to work, I park at Urban and walk to North, then walk 15-20 minutes in the hallways before work.

I need to plan what I will eat at work, for lunch, and breakfast for the week when grocery shopping. I make sure I had the things I want to eat instead of whatever was around the house.

I hate to sweat, and did not want anyone to see me sweat. When I started out at Planet Fitness, I worked out 40 minutes, now 40 minutes seems too short, so I always plan for 60 minutes and sometimes go to a 75-minute workout. Of course, it depends on the plans I have after work. My long term goal is just to feel good, get my knee working good, and drop another dress size. After wearing the same size for many years, it is hard to believe that I am wearing smaller sizes and buying my clothes in a different department.

My advice is to start small. Mentally one needs to be there, and it can actually take a lot to get there, but once there, it comes much easier.



Willie Torrison

I was the heaviest I have ever been and did not like it. So I started with Herbal Life protein shakes, then I learned portion sizes and counting calories. Eating healthy came first. Exercise followed. I am not on a special diet or magic pill. I exercise, count calories and portion meals. My wife and I are members of Planet Fitness. We were selected to receive exercise routines from the SASD personal trainer. You just have to figure out a way to fit exercise and healthy eating into your everyday work schedule. It's a change in your life you have to make. Portion control, counting calories, and exercise work for me.

I work out 2 to 3 times a week. A typical day of exercising involves working on abs, then 30-45 minutes cardio, followed by 20 minutes of weights.

My long term goal is to get and stay healthy. There is no magic, you have to want to make the change in your life. You will have ups and downs, but stick with it and you will be happy when you reach your goals.

Cheryl Torrison

There are several reasons for me wanting to change. My lower back was giving me trouble; I could tell I was way out of shape, my clothes too tight, and that muffin top ...YIKES.

For me it really was about being mindful about portion sizes. I am not on a special diet. Knowing that summer was approaching got me back into the habit of going to the gym, but our personal trainer was a big motivator.

In the summer, it is easy to exercise because I enjoy being outside and being active. The winter is a little harder. I found it works better if I go the gym right after work. Once I am home in the winter, it is hard for me to go back outside in the cold. I am NOT a winter person. Our family is in it together.

Don't deprive yourself of certain foods because that just makes you want them more. It really is all about the portion size. Using smaller plates tricks you into thinking you have a lot of food. There are a lot of lower calorie foods that are super yummy. Experiment with vegetables. I never ate brussel sprouts or eggplant until this last year! I never would have thought they could possibly taste good!

It is much easier when you have your spouse with the same mindset. We work out together and have fun