

KIM STREICH

02/29/12 – Before



06/20/12 – After



Hi, my name is Kim. I am a stay at home mom with a weight problem. In the past few years I have already made some changes but they are not enough. I need help. I was walking three times a week and I was successful to a point until I let life derail me. I was able to lose about twenty pounds at that time. I also gave up two things that I had done for over twenty years, drinking Mt. Dew and smoking. I did not give up pop for good I just replaced it with cherry Pepsi, but not drinking as much.

Since I no longer smoke I have gained around 50 pounds and I am the heaviest that I have ever been in my life. My cholesterol is on the rise. I don't know where to start. I have been doing some reading on diet changes but I am stumped. They say to eat fish that is good for you, but I am allergic. They say that nuts are good for you and with the exception of peanuts, I am allergic to all of those as well.

Where do I start? I know that in order for me to make the life change that I know needs to be done, it has to be everything and not just exercise, but where does a person start? I am not a very physical person and never have been. Where do I start?

1 – Month Update

Can't believe it but a month has passed us by. I have come to the realization that my biggest hurdle is myself. Self-motivation is hard to come by but I am trying to make small steps forward every day. I have had a small success in that area and hope in the coming weeks that I will be able to push myself a little more each day. We also got to see what the correct portion size and to say that is not what I have been doing would be an over statement. It is amazing what can be done with a few small changes.

2 – Month Update

The second month is gone! I try to go to the fitness center 4-5 times a week to get my workout in. That in itself is hard for me. I have to force myself to get there. I am too used to my normal routines. (the ones that got me to where I am today!) I am changing some of the bad ones and still working on the other ones. One is trying to curb my pop intake and the "empty calories", this is a hard one. In the past two years I have already cut it down 2/3 of what I used to drink and I don't know if I am strong enough to give it

up totally. Maybe strong enough is not the right terminology but that is what it feels like some days. I am making a little headway in losing weight, and that is enough for me. This is a long term journey for me, not a short term one.

3 – Month Update

One more month down and a lifetime to go. My process is little by little and I am happy with all progress that I am making. Exercising is becoming a habit instead of a chore. I actually feel guilty if I miss a day. Making sure that I eat the right foods and drinking lots of water is still a challenge for me. I am trying to incorporate it at home and that is slow going, people don't like change. The one thing that has changed for me that I think is astounding is that I wake up every morning ready to get up. I have always been a night owl and I do not like mornings so that is a huge change for me. I kind of like that! 😊
