

# The 30 Pound Club

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## Success Story: New Mom

Thanks to all of you who've written and shared your success stories. I'm going to use them throughout the first quarter of 2011. I've decided to begin with a person who lost 50 pounds in 2010—in fact, she lost the weight in nine months. She began right after she gave birth to her son. Before you say it, it wasn't all just baby weight. TJ had been overweight since the birth of her first baby 15 months before the birth of her second child. Here is her story in her own words.

I've lost 50 pounds in the past nine months since I had my son. I started at 194 and am now 144 as of last Friday (12/31/2010). I still have about 14 pounds to go as my goal is to reach a healthy BMI (130 pounds). My journey began about 15 months ago. My oldest child was over a year old, and I could no longer blame the extra weight on "just having a baby." I decided to start walking, first on the treadmill, and work my way up to running. I walked for 15 minutes and lightly jogged for five to seven minutes (until I lost my breath) and then walked again.

I was doing this for about two weeks when I missed a step and fell off the treadmill. I broke my ankle in two places that required surgery; a metal plate and screws to hold it together and several months of physical therapy. As you can imagine this was a big ordeal for me. It was already challenging to motivate myself to exercise in the first place, then to break a bone in the process didn't exactly help! By the time I was able to walk normally again, I found out I was pregnant with my second child. I thought, "Maybe the universe doesn't really want me to lose weight. First I break my ankle, now I'm pregnant again—isn't this a sign?"

Nonetheless, I knew that life would happen. There will always be something. Either I could make excuses (legitimate or not) or I could force myself to keep going no matter what. After I was cleared by both doctors (orthopedist and OB-GYN), I started exercising during my pregnancy. Nothing major, just doing Walk-Away-the-Pounds DVDs. I continued this three days a week throughout my entire pregnancy, up to the day I went into labor.

After I had the baby I could see I reached a plateau so I took the Inherent Health Genetic test. The test guided me on what to do to push past the plateau. I started lightly jogging again during parts of the video. Then lightly jogging the entire video. Then doing jog/walk intervals around my neighborhood. Now I run at 4.5 to 6 mph on the treadmill for 30 minutes four days week. I also jog around my neighborhood with ease on warmer days.

I learned a valuable lesson in this process. Adversity will come in the process of accomplishing a major goal. This does not mean one should abandon the goal. This is just a test to see if you're more determined than your circumstances. When you prove that you're willing to keep going no matter what, you'll reach the finish line.



There are lessons for you and me in this story. The universe gave TJ a sign, and she blew right past it—that's commitment! I'd recommend you print her story and the next time life happens, no matter how severe, read it again. Then find a way to overcome the situation and get about getting healthy and fit.

One and Done. What are you prepared to do today?™

**Dr. Chet**

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