

You Can Do It

Loretta Murphy

Height: 5' 2"

Pounds Lost: 77

Body Fat Lost: 20%

Turning Point

I have always been a big girl, with big bones. Right! Well that's what my parents would always say. I have been called every fat kid joke growing up and could write a whole book on fat kid name calling. I would always imagine that it really wasn't me in the mirror but someone else. The realization that I was fat came when my size 22 was snug on me and the scale hit 235. I said, "That's it. I have to do something about this because there's no way I am going to buy a size 24; no way at all."

Weight Lost and Exercise Plan

I never did believe in dieting. I needed something big, like a lifestyle change. The first thing I did was cut my portions in half. I started using a saucer plate instead of a dinner plate. After a month of doing this I joined the gym. The only time I could workout was at night at 9 p.m. I worked out hard three times a week, mixing it up with weights and cardio. After a full year of this routine I had lost 30 pounds, which came off the first three months. I was so frustrated not seeing the scale move or my inches not going down. I bit the bullet and hired a personal trainer. Three weeks before I hired Tracy, I started eating differently. Instead of only eating 2 or 3 meals a day, I went to eating six times a day to every two to three hours. This was easy to do because I never felt hungry. I would set my alarm on my watch to remind me to eat. After about a month of eating like this my body started to feel hunger when it was time to eat. Tracy worked with me for about 5 months. Tracy also gave me my first workout notebook. This enabled me to keep track of my workouts and eating habits. He also showed me areas of eating that still needed improvement. For starters, I needed to eat more protein. He shared with me that my body needs protein to make muscles. When you hire a trainer, you not only have a cheerleader cheering you on, telling you "you can do it", you also gain a friend for life. With the help of Tracy I lost my next 30 pounds.

Making Success Happen

It has not been a fast plan, but it has been a lifestyle. One of my favorite quotes is "To get extraordinary results you have to do extraordinary things" or "Rome wasn't built in a day." Yes, I still have to watch what I eat but instead of going to the fridge when I am frustrated, I hit the weights. When I want something really sweet I pick up some fruit. I ask myself often, "is this worth 2 pounds?" a lot of times this will take that edge off the craving. The foods that are richer and not healthy I wait for my cheat day and have it then. I reward myself by going shopping. I was able to buy my first size 8 shorts. Now the scale is at 158 and still going down. I may not have a perfect, flawless body, but I sure am starting to like the body I now see in the mirror. I keep a picture of the old me in my purse and in my workout folder to keep me motivated.

Workout Schedule Now

- Step class, spinning, or treadmill: 60 minutes 5 times per week
- Weight training: 45 minutes 3 times per week
- Abs: 5 times per week

-Loretta Murphy