

The Intern's **TURN**

Weight Loss **Success**

by Ali Baier, PhillyFIT Intern



Before



After

Meredith Twyman

183 Pounds Lighter and a Happier Outlook on Life

Meredith has been able to accomplish quite a large task—losing 183 pounds since March of 2007! As if that wasn't enough, this motivated woman is also a part time computer forensics student, works as a project administrator for a large contracting firm, has her own jewelry company, and even finds the time to follow the sports she loves.

After topping the scale at 407 pounds in March of 2007, Meredith knew it was time for a change. Many different factors motivated her to change her life; such as embarrassment, not being able to find properly fitting clothes, declining mobility, poor sleeping patterns, and also health concerns such as hypothyroidism and extreme edema of the legs.

It is almost unbelievable to think that someone was able to lose so much weight in less than two years! Meredith began by simply changing her eating habits and adding exercise (to the best of her ability) to her daily routine. Doing so, she was able to lose twenty-six pounds in the first month. In May of 2007, she had Bariatric bypass surgery, but Meredith knew never to believe that any weight loss surgery was the “answer” alone.

“The gastric bypass was a ‘jump start’ for my weight loss,” explained Meredith. “Many believe the surgery is an easy way to lose weight and a dedicated lifestyle change is not essential. This could not be further from the truth. I had to change the foods I ate, the way I thought about food, and choose a more active lifestyle in order for the weight to continue to come off.”

She knew she had to make the conscious decision to make long term changes to live a more **fit** and healthy lifestyle. The surgery, combined with plenty of exercise and even healthier eating changes, has helped her come this far.

Meredith added much more “good” protein in her diet such as chicken, lean beef, and fish. She tries to stay away from sugars at all cost, using fructose as her sweetener of choice. She eats about five small meals a day; along with some low calorie snacks and sugar-free favorites in case a craving strikes.

She also works out **everyday**—now that is dedication! For her cardio workout, Meredith walks three to five miles daily depending on her schedule. She also likes to vary her workouts by trying new things such as running, stairs, power walking (seven to ten percent incline), Tae-Bo, aerobic dance, and racquetball. She also lifts weights three to four times a week for about thirty-five minutes. She is planning on adding biking, hiking, and cross country skiing to her regimen!

Another trick Meredith used to be successful is keeping a journal. “I track not only my weight loss, but the emotions and

LOSE WEIGHT BY DIETING ON AS LITTLE AS ONE DAY PER WEEK!

“The Part-Time Diet Approach For Full-Time Weight Loss
“A Calorically Controlled Love Story” will show you how.

In this book you will learn: 1) what dieting is and why you should never do it every day, 2) why daily dieting virtually always leads to weight regain, 3) what the body’s response is to daily dieting and 4) how you can blunt this response and fool your body into cooperating with your weight-loss efforts, including getting through the dreaded plateau.



The Part-Time Diet breaks rank with other diet books in many ways including: -its storyline following two composite fictitious dieters through the plan, new life and new love
 -its basic system, that provides a reliable way to lose weight
 -provides for weight maintenance from day one
 -can require dieting on as little as on day per week
 -prohibits no food groups
 -can be adjusted to

complement any exercise program.
 -For a free preview of the PTD check out: www.parttimediet.com. Also available online at: amazon.com, target.com and barnesandnoble.com.

Gym Source
to come

issues I deal with during this time. I can see my struggles and where I need to change and grow.” Journals are a great way to learn your overeating triggers; in Meredith’s case they happened to be stress, anger, boredom, and tiredness. Being conscious of these really helped her to learn how to avoid mindless eating.

Since losing the weight, Meredith truly believes her life has improved dramatically. She has more confidence in herself, more energy, and an all around happier outlook on life. She can now participate in the sports she enjoys and even found a real love of racing after competing in her first 5K walk/run. She is now training to participate in a 10K race and has the ultimate goal of participating in an Iron Man competition within two years!

Meredith’s expert advice for anyone who is trying to lose weight:

Find a weight loss program that works for you. Surgery is not for everyone.

Always keep a journal!

Cultivate a desire to change your lifestyle! There will be no change without a desire to change.

Get active! Find activities you love to do and just do them.

Have a support system. Incorporate family and friends into your weight loss plan. My brother, John and I walk together when possible. He has challenged me to do walks I never thought I could do! It’s always great encouragement!

Prayer/meditation time—I set aside time daily for prayer. Find time to sit alone.

Set progressive goals.



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