

Ann Lambel

I have a friend that I work with who was in the first Convoy class. He looks marvelous. I have a new grandchild and though my weight did not limit my activity I wanted to be able to play with her in the years ahead. I have worked out for many years but I weighed 220 lbs for 20 years. I had tried weight-watchers, LA Diet, and Atkins Diet to lose the weight. I would get to 200 lbs and stop losing. After a few weeks of not losing I would stop the eating plan and go back to my regular eating pattern and over time put the weight back on. I just figured that heredity was stronger than my will. Little did I know I was about to take a step that would really change my life.

In December I read the info for Weight Loss Convoy and decided to give it a shot but deep inside I knew I would maybe lose the 20 pounds again and that's as far as it would go. I didn't have a lot of faith in believing my body would let the fat go. I talked to my management and found that they were on board and would allow me to attend this program so I called Kelly, had my interview and was accepted into the class.

One of the first things I learned was that I needed to eat more food. I was a salad, yogurt, fruit and whole wheat eater already but a full day of eating food for me was only between 900 and 1000 calories. I was doing the P90X workout and walking during my lunch time. I learned you won't lose weight if you don't eat properly. I needed more carbs and protein in my diet. Over time I was able to eat more food. It's hard to change 20 years of thinking. I thought that the more you eat the bigger you get. I thought if you wanted to lose weight you limit your food as long as you eat healthy and work off the fat. I now know it's a balance of food and exercise. If you don't fuel the machine how do you expect it to run? I worked out but due to too few calories my metabolism was a basic flat line. I worked up to 1565 calories a day. So then after the first 20 pounds came off (three months) I hit a plateau.... It lasted 4 months. My Life Coaches told me that to support my (harder and improved) workout style I was going to need 1900-2000 calories a day. Really? That's crazy!!! I was barely making 1600 a day. Plus I needed to increase my weight training schedule and lower my cardio workouts.

I did P90x, walked and have been going to a gym where I had used a trainer...Learned to properly use the equipment for weight training. I love the Les Mills Body Pump and Body Combat classes...I had started weight training. I was not losing weight. I was shifting inches a little but not a pound moved off my body. I was in tears. One of my Life Coaches, Veronica, suggested I see a dietician and so I did. It turns out I have a sensitivity to wheat...imagine that after all these years oh- and whole milk. So I went on an elimination diet and removed these things from my diet which was easier than you'd think. I started losing weight again and am not having problems with eating enough calories to keep my metabolism up. Did you know you can make the best peanut butter cookies without adding any flour? We had a few classes with a

whole food specialist who showed us how to prepare a more vegan style of eating for health. We climbed Badger Mountain (I had never thought to do that before. Why would I?) as a group and we have formed some lifelong bonds. The weekly meetings and topics of interest that our coaches have presented have filled in some gaps with meaningful information that would be useful to anyone who truly wants to change their life from the inside out. Today I weighed in at 185pounds. I am thrilled to have lost 18 lbs of "fat"! Can you imagine what that looks like in a container- gross!

I never thought it would happen. I still have a ways to go to reach my goal but in time I will get there. The Weight Loss Convoy has given me the tools and knowledge to reach my goal and the will to not stop until I get there.