

35f, 5'1", SAHM of 3 under 8.

Starting Weight 01/2021: 200lbs

Goal Weight 04/2022: 120lbs

Current Weight: 04/2022: 120lbs,

16 month total weight loss

My goal was to be 120 by Easter of 2022 and I did it!

How did I do this? Seriously, it was by listening to myself and my body. I didn't join a crash diet, I didn't do crazy workouts, I didn't follow weight loss influencers. Having failed to meet my weight loss goals twice, this time I went over not only what worked for me in the past, but I looked for unique ideas that worked for others. Then I combined the two into something that worked for me. This is a more laid back approach to weight loss.

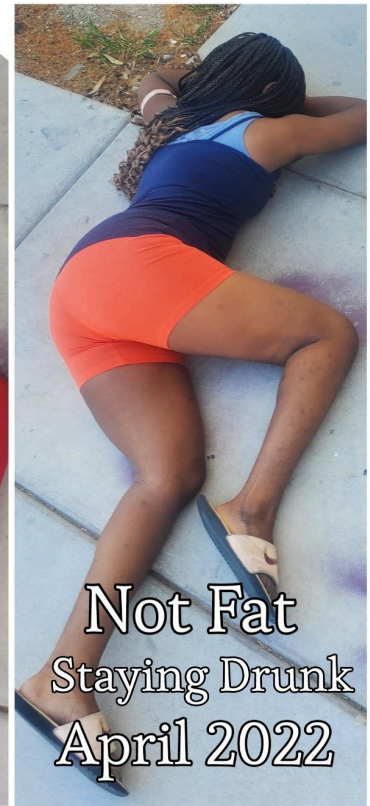
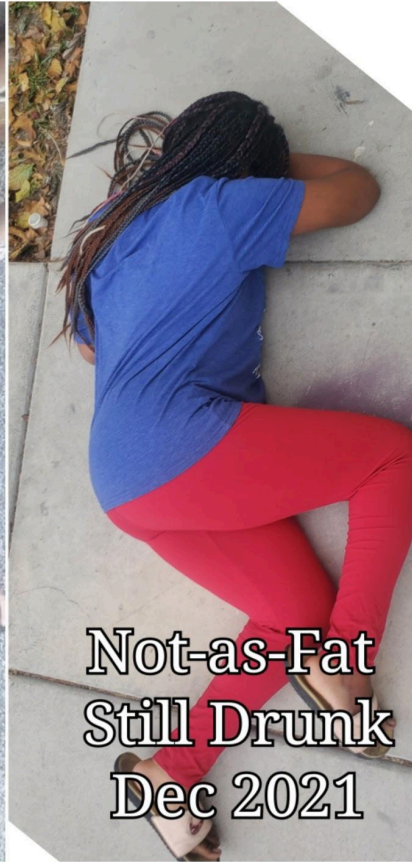
MOTIVATION

My motivation was an embarrassing drunk photo in April 2021; the drunk progress pic you see with this post. Before this photo, I honestly thought I looked great, had no lack of confidence, and my husband was always touching on me. It wasn't until I saw this photo that I started to take my weightloss seriously. If I'm going to be drunk in photos, I want to look cute doing it!

I had been doing a little weight control up until then, but nothing too serious. I had only lost about 12lbs since January that year. Seeing that picture really put things into a more serious perspective.

What helped continue to keep me motivated was watching 600lb Life (NOT 1000lb sisters, besties, etc.). Watching Dr. Now get on their ass about the excuses for neglect, listening to the advice from the therapists, and having to hear my own judgment when I was hypocritical with the participants really helped with how I handled my own weight loss process. It was a truly beneficial and relatable show that I found very helpful.

I would say to find your motivation first to take your weightloss goals more seriously.



** Please note that the Dec. 2021 photo and April 2022 photo are staged for shitz and giggles. This was just a really fun goal to accomplish.*

DIET

Portion control is the best way to start. You can eat whatever the fuck you want, just control the portions. This also helps control cravings. Once I could control how much I put in my mouth, cravings were calmed with a bite vs the whole package.

The best way to start controlling your portions is to change the size of your plates and cups.

Instead of immediately changing my diet, I changed my portions. I progressively switched eating from a 10" dinner plate to an 8.5" salad plate, then to a 6.75" appetizer plate. I switched from a 20oz bowl to a 12oz bowl. I switched from an 18oz cup to a 12oz cup. If it didn't fit on that size plate/bowl/cup, it didn't go in my mouth. If I was still hungry, I would get a second serving on that same size plate. These size plates usually can only hold 1/2 a serving or less.



Portion control makes a huge difference!
Change your plate/cups sizes!



Always follow serving sizes. If it says 1 cup, serve yourself one cup. Always use measuring cups, spoons, and scales - religiously - at least for the first year. It will take you at least this long to truly be able to eyeball a tablespoon or an ounce.

With serving sizes, always follow servings that will fit on a 6.75" appetizer plate (once you have made the committed progression from the 8.5" salad plates). These plates are equivalent to a full dinner serving for an 8yo or younger (at least my 8yo). I found even if I made a 6.75" plate of the fattiest thing on earth - Fried chicken, fries, and creamy mac & cheese - I still stayed under 800 calories for a plate. It is damn near impossible to fit 1200cal or more on that tiny ass plate. Most of my meals consisted of a protein, a vegetable, and/or a starch so they came to around 400cal - 600cal total a plate.



My Plate

- 1/2 Country Fried Steak
- Sweet Corn
- 1/2 Creamy Mac & Cheese
- Country Gravy 1oz

Husband's Plate

- Country Fried Steak
- Sweet Corn
- Creamy Mac & Cheese
- Country Gravy 3oz
- Dinner Roll

* A full serving of each dinner roll, fried steak, and mac/cheese would not fit on my plate, so I had to adjust. I kept a full serving of the healthiest thing on my plate - sweet corn.

Start making different choices when cooking or eating out. You don't have to crash diet and get rid of everything that isn't vegetable, chicken, or seafood. You don't even need to pre-cook and pre-portion your meals. When eating at home, along with portion control, make the change to add a vegetable to every meal. Start making the switch to vinaigrette/low/zero calorie dressings. Grill and saute food instead of frying. Start choosing soups and broth. It's ok to dress food up with shredded cheese, bacon bits, crispy onions, etc. to get used to eating this gross shit, just remember to follow serving sizes.

When eating out, make the attempt to pay attention to calorie count, if included on the menu. If calorie count is not included, then try to stick to food with grilled, sauteed, or vegetarian options. Always get sauces on the side, so you can control the portion and makes reheating food way better. If you're able to get away with it, choose from the senior citizen menu - these are usually healthier options and smaller portions. If you can get away with it, choose from the kids menu - these tend to be smaller portions of all the yummy, greasy, fatty foods.

No matter what serving you get from a restaurant - regular, senior, child, ALWAYS EAT HALF OR LESS! Always....always, always, always! This will start the habit of controlling your portion sizes. The best thing that will help in this environment is to ask for a to-go box when you order your food. I do not care how embarrassing, shameful, or inconvenient it feels. This is the number one thing that will help control your eating at a restaurant. As soon as you get your plate, put half in the to-go box and pack away for home in the to-go bag. This shit works, I swear! Your brain already thinks as boxed up food as "tomorrow's leftovers" so it won't want to eat that portion until "later" anyway. You'll finish the half left on your plate. You've now eaten 1/2 a serving and saved 1/2 serving. If you eat both halves in one day, you still only had the equivalent of one serving in that day and it covered 2 meals.

Another trick that worked was placing the napkin over my plate as soon as I felt the ping that I'm full. Covering up leftover food that I would pick at, with a gross item, helped deter me from wanting to eat anything that touched it. Seriously, have you seen how disgusting your napkin gets? Now lay that all over your plate and see if you still have an appetite. Also, covering up the food is "out of sight, out of mind". These tricks allow one to enjoy eating out, without all the calories and shame.

At fast food places, as you make the adjustment to rarely wanting them, order from the kids menu or small sizes; here we're working with portion sizes and calorie counts. If ordering off the kids menu is not an option, then order grilled chicken or vegetarian, diet/sugar free drinks, small sizes, and remember you do not have to order a side and/or drink to make it a combo. Cutting those two items will help lower the total calorie count and portion size. Remember, you are trying to get to a point where you want to order very little at all. (Not completely though....Taco Bell still gives me a WAP)

I have no advice on how to control sweets or snacks besides stick with the serving size or less; I'm not a sweets or snacks person. I maintain just fine with 2 meals a day. I do enjoy snacks, my favorite being tortilla chips and pico de gallo, I'm just fine eating it twice a month. BUT, if I did get a hankering for something, I tend to go towards broth. When I started to learn that morbidly obese patients would often be on liquid diets, I thought maybe it wouldn't hurt to try it. So, one time when I wanted some potato chips, I went for a beef broth instead; I figured maybe I wanted something salty. I was right! I made myself a cup of beef broth dressed up with seasonings - salt, pepper, garlic, green onion, steak seasoning, the works. OMFG, it was delicious and hit the salty spot! Even better, the whole can was only 20cal!!! Substituting broths or low/zero calorie drinks for that snack is a great alternative to try. Popcorn is also a great low calorie snack.

I know water is gross....seriously, how can something with no taste be one of the most disgusting things on earth!? Except, unfortunately, everyone is right about the health and calorie count (and it's soooooo annoying). To ignore it, but still reek of the benefits, I choose diet, no calorie, and/or no sugar drinks. The powder flavor packets were a great help as well. The weird, sugar flavor takes getting used to, but once adjusted, these work while you get used to working water into your diet. It will also help as a liquid sugar substitute for the sugar cravings. It helped me to start with my first three months to switch to an all diet/no or low sugar/no or low calorie drinks, then to start alternating between diet drink and water. After 16months, I actually choose water over flavored drinks; I naturally made the switch myself. Weird, I know.

I also followed CICO tracking - Calories In (food), Calories Out (exercise). Unless it was 0 calories or less, it was getting logged in my nutrition journal app: Loselt! This especially helped me in realizing how much calories are/are not in certain foods. Foods that I thought were healthy (fruit), not at all ('cause of all the natural sugar). Foods that I thought were "bad" (popcorn) are healthier than I thought. Tracking calories in food also helped me track serving sizes as well. On days that I wanted a little extra wiggle room to eat without a care, were days that I was super motivated to workout; exercise contributed to my calories out.

Even if you don't change your diet at all, you will still see results with just portion control and CICO tracking. I found CICO a lot easier to track once I was able to keep track of my portions and make better food choices. I was proud of myself when I was able to track the good choices I was making with my nutrition.

With this portion control start to your diet, you are trying to adjust the size of your stomach so that it gets used to accepting less food. You want to start to learn to recognize when your stomach pings it's full, listen, and stop eating. Morbidly obese patients are given gastric bypass to MAKE THEIR STOMACH SMALLER. It is simply to change how much their stomach can handle. When the patients aren't seeing results, they are always asked about food, amount, and exercise. It is always found that results are delayed because portions are still too large and exercise is very little.

At the end of the day, all this volume eating is BS. You will see better results and less calories with less product. Learn to eat off that 6.75" plate. While learning to eat off that tiny ass plate, learn to get your daily calorie count between 1200cal - 1500cal. Smaller portions and CICO tracking will be your biggest tools in weight loss.

EXERCISE

I stuck to a pretty simple 3x a week program. I am super lazy and have no motivation, unless money is involved. So, when I signed up for kickboxing during a time when they were having a sale, I signed up for a whole year. I'm so glad I did! Because I had already spent the money on the program, I'm not about to waste all that money just sitting at home.

To get the minimum money's worth out of the unlimited program, I would need to attend at minimum 3x a week. So I did. Beast mode for a straight 45 minutes. Lazy asshole the rest of the day. Seriously, when I was at home, I was buried under a blanket, cold a/c blowing straight on me, Ms. Mary Jane keeping me distracted. I have 0 goals to reach 10k steps for the day. If I moved, it was out of necessity.

When I was at kickboxing (ILKB henderson, ilovekickboxing.com), I was a beast. I wore arm/leg/chest weights when I worked out. Not only did I not stop, I intensified. Any combo we were given, I added or doubled moves. I had men questioning whether they actually had a penis, my heart rate monitor numbers were off the charts for someone my size and gender. I wore my own headphones, so I had fire ass music blowing through my ears making sure I didn't stop. I went so hard, I left in an ambulance one time. I went so hard I threw up all over the studio. I was going so hard I told another boxer to "just fucking punch it already!" Bitch was throwing off my groove with her stupidity. Point is, this 45 minutes, 3x a week, was the only time I was active. I was obligated to be active because I had already spent the money. I truly believe making this kind of commitment to a physical activity is the second biggest reason why I was so successful in my weight loss. Find a physical activity that you enjoy, can afford, and commit to.

I LOVE KICKBOXING



08/01/2021

to

04/02/2022

go



43,809

Calories



166

AVG HR



17,269

POINTS



87

Workouts

During the time I was sedentary, I still did shit like use the bathroom, cook, and clean. My kids did karate 2x a week, so while I was waiting for the class to end, I took advantage of this time and would walk around the business building or nearby neighborhood. Get my 20k steps a week in that way. Minimal calorie loss, but still activity.

Doing kickboxing 3x a week and walking 20k steps 2x a week for the past year, along with portion control and CICO, has contributed to me losing 80lbs over 16months.

DO NOT let anyone convince you can lose weight without exercise. They are right, you absolutely can, but the results will be disappointing and very slow. Not only will the results come slowly, but they won't come as toned. Your body will just look like a sad sack of skin. Your stamina and body form will not improve. The results will come so slowly and plateau, that you will find yourself yoyo-ing between weight loss goals. Stick to portion control, CICO, AND exercise.

PROGRESSION

What helped me was MONTHLY goals and tracking. Following these two things is the best advice I can give. CICO was the only daily tracking that I kept.

Monthly tracking is keeping track of your weight loss goals on a monthly basis vs daily or weekly.

I found I exceeded my goals when I made a minimum for the month, instead of disappointing myself when I didn't make a daily/weekly goal.

When I first started, I did what was recommended, check your weight at the same time every week to stay consistent. When I saw the loss, it was great! But when I saw gains, it was really upsetting and messed with the whole mood. What was even more frustrating was the loss/gains was different by ounces, nothing significant to make any real changes, but boy did it feel like a huge blow to me!

Hitting that six week plateau was rough! I was doing everything the same while switching it up too. Taking off the weights at kickboxing, adding in more classes, adding in more/longer walks, eating damn near vegan, switching to 100% water. Nothing seemed to get the scale to move. So I said “fuck it!”. I put my scale in the closet, cuddled up with a few cans of clubtails, and started the first step towards the downward spiral of destroying all my hard work. After about 3 days of pouting and blowing my calorie count out of the water, I decided that I was not going to check my weight for a month. I’m going to still track my CICO, go back to doing my normal workouts, but continue with this 80% vegetable lifestyle - shit’s not that bad when cooked right. I also started enjoying cocktails again, but a lot more responsibly.

After one month of not giving as much of a shit, I checked my weight. I had FINALLY lost 5lbs! So I tried the same approach the next month, lost another 5lbs! I tried the next month, except this time I set a goal to participate in the studio’s kickboxing challenge. Guess what! I made friends! And lost 4lbs....BUT MAKING NEW FRIENDS was way more exciting! So, I just continued with tracking my progression monthly.

For example, I would make a goal of losing 2lbs for the month, since the healthy minimum loss is .5lb a week. Then for the rest of the month I would watch my portions, CICO(1200 - 1800), and workouts (Kickboxing 3x week, 20k steps a week). I would not check my weight all month, just keep reminding myself that no matter what lazy choices I make, I better lose 2lbs.

Every month I would also set new exercise and nutrition goals. Each month I would intensify my workouts at kickboxing. Each month I would introduce a new vegetable or type of food into my diet. Each month, I would add another bottle of water into my day. Each month I would make goals, such as, start saying “no, thank you” when offered foods I don’t want or know I shouldn’t be eating. Even telling myself “no, thank you” when I feel the ping of a full stomach, but still have food on my plate. I would still eat at restaurants and I would still enjoy a drink, I would just make better choices. Doing this, I consistently lost 5lbs+. I refused to not be able to lose 2lbs in a month and I ended up exceeding my goal every month.

When I constantly checked my weight every week, I plateaued for 6 weeks and damn near threw away all the hard work I had already done, I was so depressed. It was once I stopped putting so much pressure on myself that I just did so much better than I could ever imagine!

- Aug 1, 2021: 168lbs
- Sep 1, 2021: 163lbs
- Oct 1, 2021: 156lbs
- Nov 1, 2021: 152lbs
- Dec 1, 2021: 147lbs
- Jan 1, 2022: 138lbs
- Feb 1, 2022: 132lbs
- Mar 1, 2022: 125lbs
- Apr 1, 2022: 120lbs (Accomplished goal weight)







FEELINGS

Shit's about to get real.....

I cheated....I checked my weight 1 day early, March 31. When I checked it, it read 120. But I didn't feel excited. I kinda felt disgusted because my body didn't look like I thought it would. My arms were still jiggly, my thighs still rubbed together, and this GODDAMN FUPA (fat upper pussy area) - UGH!! It still just hangs there, becoming my sad, skin, grief sweater that won't go away.

I was expecting this toned body of a goddess, complete with a six pack and amazing hair, at this magical number - not what I currently have. I was pissed with myself, how could I be so stupid?

I spent the next 24 hours yo-yoing between feelings. I would feel happy for myself, but then upset that my body looked so blegh. I'd be frustrated for checking my weight early. I would also think, good thing I did cause now I can beast mode....or be lazy and give up. I ate a little more than usual, but not too much; I still had a weigh in the next day. I felt ashamed of myself for not being more excited. I started remembering the days when I was a curvy 160 and confidence out the roof. It was a confusing day.

The next day, I was still 120lbs. Did not really feel any different from the day before; still just cycling through every emotion available over accomplishing this goal. I made myself commit to taking progress pics in the different outfits so I could share my accomplishments. Weirdly enough, doing this small fashion show got me out of my funk. Seeing the clothes just hang off me was just amazing! Being too small for even my goal outfits was just unreal! Not having to cover up rolls or worry about an article of clothing bringing attention to them was nice. Seeing how differently my 4XL to SM size clothing fit on me gave me that confidence boost I needed. It was a great reminder of how I busted my ass and needed to be proud of myself.

Now I feel fine and just amazed with myself. This is some incredible shit I just accomplished! I opened up my taste buds so much and am more open to trying a wider range of foods. I actually want to cook and am excited when I come up with healthy food creations of my own. I know this is weird, but I noticed that I can squeeze into small spaces. My stamina is so much higher; my husband has enjoyed that part in the bedroom. I've also become a little more sociable.

My plans moving forward are to focus on weight training and toning those areas of my body that make me sad. I've currently substituted weight training 2x a week in place of the 2x walks a week. I still plan on attending kickboxing 3x a week, I paid for the year. To maintain my weight, I'm still going to track my calories and keep the count between 1200 - 1800. I'm still going to enjoy small portions and remember to make healthier choices.

This is what helped during my weight loss. I am now focused on toning and have year end goals for how I hope my body looks.

I hope this helps and wish you the best of luck in your weight loss goals!

