

Do You Want to Be the Biggest Loser?

So here we are at Easter dinner with my in-laws and guess what the first request was before we actually sat down to eat a feast? You won't believe it if I tell you but I'm going to share what happened anyway. The request was to be weighed in! Yes, the male side of the family had decided at Christmas dinner to have a family weight loss challenge and, of course, I was up for the judging. Well, actually it was really the female side of the family wanting the male side of the family to get up and get moving again because the comfort of married life was making them stray from a healthy lifestyle routine.

So as we ate dessert (yes, it was Christmas dinner and the males had to have their "last supper," which included apple pie, before the challenge began) we discussed strategies for staying committed to an exercise program. We discussed how many times per week and for how long to exercise, and what to eat before, during and after exercise. And an obvious rule that I had to be clear on was that no alcohol was to be part of the program if they really wanted to see a difference before Easter.

So here we are approximately 3.5 months later at the next family gathering for Easter dinner and it's time to review the number of successes.

So one by one, each of the six male members stood on the scale and I recorded their weight before they inhaled a large meal together. It was interesting to see that when they put the effort in they actually got results. So those male members that put half or less than half the effort in watching what they ate and drank and exercised only half the time or not at all saw only some results (i.e. 3-5 pounds lost). And the male who put the most effort in exercising daily for an hour, never skipping breakfast like he used to, and eating protein like eggs and not just carbs for breakfast saw the biggest change. That said, my niece's husband, Kyle, was the "biggest loser" weighing in at a loss of 16 pounds and four and a half inches around his waist!

Are you ready to take the challenge for yourself and your family to compete with each other to get into a healthy lifestyle routine? Do you need a little help or a big shove to get you and your family committed to both fitness and nutrition? Please give us a call for your free initial consultation.

Submitted by Nadia Bender

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