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## My weight loss transformation story

Ann Davis Ann Davis, 45, a cardiologist in Naperville, IL, talks about the moment she started taking her get-healthy advice to heart. For years I didn't follow the advice I was giving my patients about losing weight and protecting their hearts. I was very overweight, but in general denial. Little sleep and a lot of stress during medical school, my stay and on-call had led me to make poor food choices and skip exercise. A typical day of eating I had no breakfast, pizza lunch, sweet pastry in the afternoon and a late night fast food dinner burger and fries. Deep down I knew my health was suffering, but I justified my habits by saying I was too busy. In 2008, a number of doctors I knew who were all 50 years old died of a sudden heart attack. I couldn't help but wonder if I was next. Get busy living or getting busy dying really started to ring true. Baby steps add up I was overwhelmed at the idea of cooking and planning meals with my unpredictable schedule, so I chose to do Jenny Craig (now called Jenny) to kickstart my weight loss in the first few months. I also signed up with a personal trainer for two sessions a week. I told her I knew how to treat heart attacks, but I didn't know how to lift weights! I went to the treadmill for 15 to 20 minutes, and then we did some exercises with small scales. After four months, I had lost 50 pounds and transitioned into making my own food. I focus on eating small, frequent dishes throughout the day, consisting of complex carbohydrates, proteins and fats (such as whole wheat English muffin with turkey and avocado slices for lunch). I started working on my own, too. Change is difficult, and at first there were days when I struggle, but habits really become easier longer for you to get them (and dropping sizes is a big motivator to keep going). I started jogging short bouts, and as my running sessions got longer, I signed up and ran 5K. This past fall I even ran the Chicago Marathon! Patient inspiration My weight loss journey has been for me a better doctor. I have a lot more energy and I'm able to advise patients in a more empathetic, passionate way because I know from first hand how strong the diet and exercise changes are. As I am advising patients about the habits they must adopt, I weave bits and pieces of their experiences that really resonate with them. I'm a busy working mom who wasn't using or eating so well when they see that I did it, they know they can, too. My best tip is Eat Breakfast. I've noticed that trim people always eat a remarkable but healthy breakfast (about 400 calories) to get their metabolism going. One of my favorites: oatmeal with almonds and fruits. My stick-with-it secret I knew that if this new life was going to last, it also needed to involve my husband and two sons (ages 9 and 6). I didn't want us all to think, Oh, is on a diet because it would make a healthy lifestyle seem like a short-term thing. I ne\_tikai a good good but having my family join also meant I was more likely to stick with it. My sons learned to read food labels with me, and my husband took the run. This content is created and maintained by a third party and is imported to this page to help users provide their e-mail addresses. You may be able to find more information about this and similar content piano.io Billy is just a regular guy who decided to give his attitude, and his life, overhaul. Fed up with his battered physique, he dealt with the riots against the occupying forces flab, starting Billy's Lean Body Quest. from day one he blogged about his weight loss trials and adversity, and so far he has lost about 75 lbs – almost 30% of his body weight. CB: Ok, what are your favorite workouts during your transformation? Oh, and at this point, I have to be clear, Billy wasn't using any TT workouts... he is a success story of his acceptance. All right, Billy, tell us about your favorite workouts? Anything you want to mention that didn't work for you? B: Luckily I kind of knew what I was doing from the get-go, so I never ended up going down a dead end road workout-wise. Everything has worked. I remember the first time I myself follow John Berardi's workouts from the book. For some reason I was resistant to the idea after some other structured workout routine, but it ended up being great. I change my workout every 4 weeks, so I've done a lot. From traditional isolated exercises to full body ones to lactic. Training one that I just finished to your TT: Hardcore Fat Loss one that I'm doing now. The biggest thing about going to the gym is to know what you're going to do. I have a clipboard and I make up the workout sheets and take them to the gym. They make guesses, and you try to exaggerate yourself every time. And listening to Metallica and Gogol Bordello on the iPod helps too :) CB: What kind of training are you doing now as you get into the more advanced stages of your changes? And returning to your beginner status, what can you tell us that we need to understand about overweight bodies, and how much can we ask of them at first? B: I'm evolving more toward intense connection movement chains. These are where it is at muscle building and fat loss. One of the lactic training workouts I had was, for example: 10 chinups, 10 squats, 10 pushups, and 10 deadlifts without rest in between, rest for 120 seconds, then do that circuit 2 times. Then another circuit of 10 hanging leg poses and 10 drop crunches with 60 seconds rest. By the time I was done they were peeling me off the floor. TT: Hardcore Fat Loss program is similar, but is a little less intense and more volume. I also find interesting dynamic warmups and intervals conveniently placed at the end of a grueling workout :) At this level, these types of workouts are great for me. When I just starting, however, I would never have gotten through these. I think it's important for beginners to feel challenged and succeed with a program that they can only barely complete without killing or discouraging them. But I also think that mental attitude is a great aspect of being able to push yourself to workout. If it's not in place, no exercise program will work for you. Click here for the rest of the interview by Craig Ballantyne, CSCS, MSHard Fat Loss Workouts This content is created and maintained by a third party and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content piano.io 1 of 16 Chloe Longstaff 2 out of 16 Jonah Hill Jonah Hill looked almost unrecognizable when he showed up for James Franco's SNL hosting gig on March 9. After reportedly gaining £40 for his role in the 2015 War Dogs, the actor decided it was time for a change. 3 out of 16 Oprah Oprah never shied away from talking about her weight loss journey, but in 2017 the new face of Weight Watchers shared that she changed the intent, I want to be the healthiest I can be – physically, emotionally, mentally – and lost 42 pounds in the process. 5 out of 16 Emily Puglielli When Emily Puglielli saw a picture of her 300-pound self at the wedding, the picture completely shocked her. It was my right, I got to do something at the moment, she told TODAY. Something started off as a low-carb diet, meal prepping, and walking regularly, but she later added running and endurance training and lost more than half of her body weight along the way. Not only can I do more physically, but I've gained tremendous confidence, she said GoodHousekeeping.com. 6 of 16 Wendy Williams' famous talk show host revealed that she used to agonize over how her closet looked on camera, so she took the pescatarian diet, heart and Pilates. Her new routine helped her lose 50 pounds over three years. Also the key? Eat breakfast each. One. Day. 7 of the 16 chastity Davis Seven years ago and over 200 pounds back, chastity Davis's cardiologist told her if I wanted to live I had to lose weight immediately, she recalled. The seriousness of the situation led her to choose gastric sleeve surgery, but also to eat , for example, I never had surgery, ditching processed foods and joining the health movement GiiTrek made all the difference. 8 out of 16 Adele I've never had a problem with how I look, the singer said this year. Be happy and healthy. Adele's positivity about her body image is always astounding, but recent appearances sparked much speculation about what the star is up to recently. Rumor has it that she tried the Sirtfood diet, which consists mainly of plant-based foods. 9 out of 16 Brittany Williams 10 out of 16 Sam Smith The British singer has shed over 50 pounds recently, attributing her new look to more exercise (heart and weight three times a week, according to Billboard) and relationship with food, he told TODAY. 11 out of 16 Terry Reuter Terry Reuter spent her 40s traveling and eating plenty of restaurant and airport food. But after her siblings began suffering from health problems, she decided to get healthier. Cooking lean protein and veggies took her from 198 to 148 pounds, but after a colleague invited her to participate in Tough Mudder, she lost 30 more - and found a new reason for the Children's Burn Foundation. 12 of the 16 Drew Barrymore Drew Barrymore opened up this year about gaining weight after her 2015 divorce, but says her role in the Santa Clarita Diet helped her get back on track. Although she didn't turn on human flesh like her cannibalistic character, the actress did start eating more protein for subtle long-term weight loss. 13 out of 16 Jennifer Hunter Taking two sets of twins is not easy and it left Jennifer Hunter exhausted. But as the children grew older, the now-40-year-old grew tired of being unhealthy - and overweight. Her dream was to start running, so she downloaded the couch-to-5k app and learned to cook lighter. All together, she now lost 90 pounds. But they realized that going easy on themselves (and not banning cupcakes) could still make a difference. They instead began to walk watching Netflix and using some control to lose a collective £100 in nine months. 15 of the 16 Eileen Gonzales After an ugly break-up with her live-in fiance, Eileen Gonzales could no longer afford to eat like she used to. But the change also caused her to stop emotional eating too, resulting in her losing 30 pounds. Picking up high intensity interval training (HIIT) helped bring the total to 62 – and ditch the bad relationship in the process. 16 of 16 WATCH: Most Dramatic Celebrity Weight Loss Pictures of all time you don't believe your eyes when you see John Goodman. Goodman.

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