

How losing weight changed my life

[Health & Medicine](#), [Obesity](#)



At the beginning of my sophomore year in high school, I became unhappy with my appearance. Food was my best friend. I used it to cope with my emotions, usually ice cream or a chocolate bar did the trick. Whenever I went into the doctor for a regular check-up, she told me I was overweight which caused me to have high blood pressure. I never thought or did anything about it because I figured it was the muscle from athletics and weightlifting. The motivation to lose my weight came from several moments. Whether it was looking at a magazine, on vacation, or on television, I always saw a fit, trim, muscular people. I decided it was time to shape up. Googling different diets, reading "Shape" magazine, and doing health research, I came across the South Beach Diet. This diet is a two-week detox of no carbohydrates, then adding fruits and grains back in at a gradual pace. Along with being on this diet plan, I did cardiovascular exercise four days a week and strength training three times a week. Losing 35 pounds changed my life. I have better self-esteem, am more energized, and have found a career to enter that best fits my interests. Losing weight comes with a mental stability. You have to be positive. There is not any room for negativity when losing weight, or in life in general. I learned when losing weight, the weight goes up and down, and eventually comes off for good. Losing weight isn't impossible, even like it may seem like it at first. You will lose it and feel good about it. I am a woman. I'm supposed to be independent, confident, and be able to do what makes me happy. Confidence is something I never had with myself. I always thought people were making fun of my appearance or what I was stuffing my face with. In my eyes, everyone seemed to be better than I was, which was self-degrading. I never did anything with friends because I was embarrassed

to be in public. Trying on clothes was a disaster, and when summer rolled around, I was self-conscious of wearing a bikini. Now, my life has totally changed! I have better self-esteem and confidence. When someone notices and asked, " Have you lost weight? You look great!" it really makes you feel good. It gave me the motivation to keep working towards my goal. Along with someone noticing my hard work, success also built my self-esteem. I am more outgoing, instead of outspoken. Hanging out with friends is no longer an embarrassment. The thought of being able to achieve a tough goal that so many people make excuses for is rewarding. It feels good to be able to try on clothes and look good in them. I can actually say I have stopped hating the way I look. My energy level has changed from nothing to something! When you exercise, the endorphin levels boost, making your overall performance better. I am more productive, motivated, and focused. My academic grades have improved because I can focus in class. When I was plump, I spent my afternoon laying on the couch, eating potato chips, making up excuses not to go out and do something. Now, everyday after school, I go to either volleyball or track practice, whatever is in season. During the off seasons, I go for a two-mile jog down my gravel road or run on the elliptical in the basement. Every other day I also do strength training. Having energy to get through the day and to do the extra activities you enjoy is a great feeling! Learning about health, exercise, and losing weight the right way has made me aware of my interest in a Nutrition and Exercise Science career. After I receive my bachelor's degree from the University of Nebraska, I plan to work in a health wellness center. I haven't decided yet if I will continue in graduate's school to become a nutritionist yet. Eventually, if I

don't continue in graduate school, I want to open my wellness club. My parents have seen the most changes take place in myself over the last few years. I have motivated them to do something about their appearance. They have started exercising and eating healthier along with me. It is almost contagious. I am very happy with them because genetics can have a factor when it comes to weight loss. Seeing the results I have received from my hard-work and effort through a proper diet has made me want to learn more about it. I think helping others improve their quality of life be not only satisfy the client, but also myself. Knowing you helped someone change their life can bring joy into my life. I like to think proper nutrition isn't a " diet", but more so a healthy lifestyle and exercise doesn't have to be boring. Having a healthy lifestyle improved my self-esteem, relationships, and turned me into the Energizer bunny! Throughout high school, I was always the bigger girl. I am 5'4" on a good day. I weighed in at 166 pounds. Food was my " go-to" for every emotion. I turned my lifestyle around the middle of my junior year! I try to work out at least 4 times a week, I always watch what I eat, and am now starting a blog to help my motivation. I am now at 137 pounds, and would love to get down to 130. I love my body more than I ever have, but I still know there is room for improvement. I don't think I will ever be satisfied. Everyday, I know I'm one step closer to my goal.