

You are unique

Do what works with
*your lifestyle, schedule,
and interests*



2 years ago

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Today



"My weight loss journey has been like a roller coaster, with a lot of ups and downs."

Alison's Success Story

I try to stay active and participate in most of the wellness challenges offered at Pomerene. Although I don't belong to a fitness center, I walk, run, and/or exercise almost daily. I run 3 to 4 times a week and completed my second half marathon in May 2016. I don't compete in a lot of races, but they do challenge me and the training helps to keep me focused when I have a set goal. I also follow workout DVDs at home that focus on strength training. In addition, I do my best to check in once or twice a month with Tara, Pomerene's wellness coordinator, for extra tips and advice.

In addition to my exercise routine, I have used a variety of methods in the past to get to where I am today. These have included Weight Watchers, tracking on myfitnesspal, and ordering food through Nutrisystem. The one thing that has remained consistent though is that I have always tried to focus on eating healthy foods and tried to stay away from "fad" diets. Most of the time, I have made an effort to track food and exercise via the myfitnesspal app.

Recently, my weight loss had plateaued, and I was becoming frustrated by my lack of progress. I decided to order food through Nutrisystem for a couple of months. I had done this once in the past, and had success with the program. This was very effective for me because of the meal planning and portion control. The plan I ordered allowed me to select every item of food (fresh or frozen), with the addition of my own fresh fruits, vegetables, and lean protein. This program can be a little expensive, but it was worth it for the benefit of eating actual food, not a meal replacement, and the focus on a balanced diet. By using it for 3 months, I was able to meet my weight loss goal by losing those dreaded "last 10 pounds".

Since January 2016, I have lost 20 pounds and over 18 inches (measured around my arms, waist, hips, and thighs) and reduced my body fat by 5.6%!

I keep track of my weight but I try not to be too focused on a number. My goal was to get my BMI and body fat percentages in a healthy range which I have done, so I am now focused on maintaining. I also do my own monthly weigh-in at home, where I monitor my weight and measurements to further track my progress.



Alison's HEALTH TIPS for a HEALTHY LIFE:

- **Get exercise done early** in the day so you won't get sidetracked later
- **Focus on eating right**
- Know that **strength training can bring big results**
- **Find what works for YOU.** There are many different options and approaches
- If you feel like you are **having a bad week, don't give up**, come back and start afresh. It's always worth getting back on track and reevaluating your goals
- **Don't focus on one thing over another.** The combination of healthy eating and exercise is key and will bring you the best results.



4 years ago

- **Make healthy living a family affair.** I love that my children see me working out and making healthy food choices. Watching them watch me encourages me to set a positive example for them and further motivates me to keep going.

- **Keep track of your progress.** You may feel like you aren't making changes because the scale isn't moving, but there are other ways your body changes (body fat percentage, measurements, clothing sizes, biometric results, etc.) It's not all about the scale.

I also recently got a Garmin smart watch with an app to track my running, steps walked, and calories. This is connected to my myfitnesspal account to make it even easier to monitor my calorie intake and calories burned. I know I can connect it to my wellness portal, and plan on doing that next. I've used the portal to take my HRA every year, and know I can do a lot more to track by using it more regularly. Wearing this every day is another motivation for me to keep moving to meet my daily step goal.

The biggest challenge for me is food, and knowing I have to constantly monitor what I eat. I try to limit treats and sweets and focus on the right food choices and portions. I can always tell when I am not making healthy food choices because I don't feel as good (sluggish, bloated, tired). This is still something I struggle with because I like to eat, especially sweets and baked goods. In general, I try to focus on eating a variety of fruits and vegetables, whole grains, and lean proteins. When I follow this kind of eating plan, whether it's my own plan or a specific "weight loss plan" I have found success at weight loss. At the same time, I do allow myself some treats and "cheat meals" which helps reduce cravings and binges.

"You are unique, so do what works with your lifestyle, schedule, and interests. Sometimes you have to experiment. It seems like it is such a slow process, so give things time to work. It's always worth putting in the extra effort." - Alison