

## **How I lost 50 lbs this year.**

(This account was provided by a patient)

After over 10 years of weighing between 240 and 270 lbs and after losing my younger brother last year to cancer (he was also a diabetic), I decided to really focus on accomplishing my goal of getting down to a manageable weight. 225 lbs was my initial target when I started on December 27, 2008.

I downloaded an app for my iPhone called "Lose It". This program tracks your caloric intake and burn. This wonderful application that accesses a database for caloric info on both food and exercises. Based upon my starting weight, goals and rate of weight loss each week, the program provides me with a daily caloric budget. As I eat and exercise I enter the caloric info as appropriate for each occurrence throughout the day. My goal was to lose between 1-1/2 to 2 lbs each week with interim goals for total weight loss each month. After seeing the weight drop, my motivation increased to the point that changed my ultimate goal to weigh less than 200 lbs by June 27th (6 months).

In practice I found that as long as I followed this program from Sunday to Thursday, I could reward myself on Friday and Saturday night and still maintain the rate of weight loss. Having this reward enabled me to stick to it during the week.

While the applications provided me with the tool to track my intake and burn it was the change in my habits that this app brought about.

I worked out on cardio and core exercises for 8-9 hrs each week in the beginning and then down to half that when golf season started for me in April.

I also gave up drinking alcohol during the week and did my best not eat anything after 8:30 pm.

I weighed myself everyday and entered the data in the app which resulted in seeing a great trend in the graph -providing more motivation to continue.

I have now changed my goal to 190 lbs by the middle of November so that I can handle the increased weight expected during the holiday season.