

A STORY OF SELF TRANSFORMATION

A Weight Loss Journey

BY JACKIE STEPPER

Susan Easton first came to FitMetabolism (Fm) as a self described overweight, unhappy person who had reached her breaking point. “Everything was a physical effort. I couldn’t even climb stairs. I was sick and tired of lugging around this weight.”

Susan who stands 5’2” tipped the scales at 216 lbs.

Susan had battled with weight, body image, and depression for most of her life. Through various programs her weight had undergone extreme fluctuations.

With such a marked history of self-described failure, she was cautious in her quest to get started.

It was a co-worker at work who was a client of Fm’s that sparked her wonderment and prompted Susan to start

investigating her options. “She looked so great and she was an enthusiastic ambassador for Fm, like I am now. Many times with weight loss, people look so gaunt and sick looking, but she looked healthy. That

Susan was 58 years old and on the frontier of retirement. “I was afraid that I wouldn’t be able to do anything being so heavy. That was not the image I had for myself.”

“I knew that in order to make this work I needed



impressed me the most.”

Susan first looked at the Fm website in April of 2008. “I must have looked at the site at least 50 times. I really took my time with the decision. I was afraid to fail. I, like so many women, had tried everything.”

to be prepared. I started watching weight loss programs on TV to get mentally ready. I saw a lot of people complaining, resisting advice from their trainers or dieticians. I thought, you know, if I take this seriously, I will not complain. I am going to be willing and I

am going to trust the process.”

In July of 2008, after four months of contemplation, Susan finally found the courage to make an appointment. “I remember that I stomped in. I used to walk so heavy. Looking down, I firmly stated that I wanted to weigh 150lbs.”

“Jackie handled that so well. She understood what I needed. Had she said anything different I would have likely never come back.”

Susan saw tremendous results consistently. “Seeing the results and understanding how they happened was hugely motivating.”

“Fm is encouragement, accountability, a positive atmosphere, and really a place for discussion to gain the perspective and motivation I need to keep me going along the way. It is about having a personal relationship with someone who cares.”

Co-workers praised Susan regularly for her

weight loss. “The very fact that I embraced that encouragement was a sign that emotionally and mentally things were also starting to change.”

For Susan, her journey in weight loss paralleled a personal story of self-discovery and self renewal.



“It had been about 2 years since my mom had died and I think this depression I had finally lifted. Food and my mother were an interesting relationship (and you’ll notice I am not a mom). But I feel like in so many ways my umbilical cord was never cut. I was the baby of the family. I can trace my overeating back to childhood. My mom was a fabulous cook. I was a shy and quiet kid. I remember

saying “eat darling eat” in an effort to soothe myself.”

Even with such a long history with a negative body image and emotional eating, Susan was able to overcome her deepest fears and discover in her own words, “food is not the enemy.”

And now, Susan, weighing in at 136 lbs, recounts a story from a few weeks ago that speaks to her new emotional resilience with her lifestyle change. A donut craving had been nagging at her for days. She decided to finally give into the craving and eat it. “I didn’t even like it. I realized that I didn’t need it in the same way as I once had where food provided comfort and control. Afterwards, I just let it go. I didn’t feel guilty or beat myself up.”

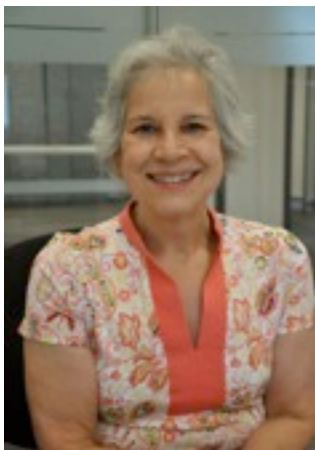
Susan’s self-analysis has been part of her commitment to understand her relationship with food throughout the process. “The biggest thing now is that I don’t feel so

fragile. I am learning to trust myself more.”

Susan is still discovering her body as well. “I look at my body now and I don’t see what I used to. I am accepting the weight loss as part of me. I have hip bones now!”

Even with her continual self examination she can still sometimes be shocked at her progress. She states, “oh my...I’ve lost 80 lbs...I’ve lost 80 lbs...ha ha ha!”

Shopping is now one of Susan’s greatest pleasures. She loves to try on new dresses. “I couldn’t wear those dresses in the 60’s and now that some are back in style, I am absolutely buying them!



“This is an ongoing journey for me. My internal messages are so different now. I have worked really hard to get here and I am learning to congratulate myself and give myself credit. That’s so significant.”

Susan wonders if her friends would notice the personal transformation behind the scenes of her physical weight loss. “I was always good at putting on a positive front. But I think I will ask them.”

After talking about her week, taking pride in the walks she took, the way she managed food, sharing her latest story of self-discovery, Susan analyzes the journey. “Well, not to be overly dramatic, but Fm is a life saver. Had I not done this I’d still be over 200lbs and unhappy.”

Susan is committed to reaching her final goal weight of 130 lbs. That means she still comes in once a week to stay focused. At one point, several months ago, Susan felt that she could come monthly but her

weight loss started to stall. “As soon as we went back to once a week and focused more on nutrition, the weight started to drop. Even once I reach my final goal, I will still come to Fm monthly to get that accountability, stay mentally invested, and keep my health a priority. It is so important.”

Now, Susan wants to branch out, try new things, and take more risks. “If this is what it’s like to be 60, then hallelujah!■