

Roberta Saum: Venus Index Transformation Contest 4 Essay

This year has been an amazing year for me so far. I started it off going on a Caribbean Christmas vacation that my husband promised me three years ago as incentive and a celebration if I reached my goal weight. This year I learned how to maintain and I learned how to bring my weight back down after a three and a half week vacation. I learned how to put away the scale and the tape measure and simply trust the process. I used the TD calculator to help reassure me that it was okay to eat a bit higher than when I was really trying to lose weight, yet eat just enough less so that I could lean out for a photo session. I learned to walk a fine line with calories so that I could sustain progress and re-composition.

Because of helping other woman at my gym I received an opportunity to have a fitness model help me with my fitness modeling portfolio and it was amazing. Because I'm noticed at the gym I have been approached by a sports event coordinator to speak about "Getting fit at 50" at sports events with 20,000 or more people. This same event coordinator wants me to cover model his new sports invention.

I'm currently helping the fitness model who helped me with my photo shoot with her workouts at a big gym and I'm standing out and being noticed even there. I have been approached by the staff there about working as a personal trainer and doing a fitness show. I realize that because of VI and ESE I have become the elite athlete I have always dreamed of being.

My biggest focus regarding VI and ESE this year has been walking the fine line with my calories, not eating too little and not eating too much. I find it is trickier than losing weight was and for now I am relying on a calorie tracking program for the first time ever since starting my weight loss journey. I plan my food menus in advance yet change it up whenever I feel like it. When I want a treat I enter it first and work around it.

I continue to work out very hard. I know you guys talk about "Never letting them see you sweat" but I just love working out hard, switching it up when necessary, and taking a break when necessary. I really just FEEL like working out hard and never seem to get burned out. It feels like it's what I'm meant to do and I love it. So I just went with it and my recent pictures show the result.

Right now I am so thankful for your work and your passion. Following your workout and ways of looking at calories has changed my life in an amazing way. At 51 years old I'm starting a new career full of exciting opportunities.

Thank you so much.

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