

I have never done a dieting plan before or even really focused on working out. I have been a runner on and off and have generally eaten healthy. While doing this program, though, I learned that eating is so much more than just healthy food and that exercise is so much more than just having a fast heart rate. I learned that my body can function on foods I choose to put into it and that I get to choose what my body looks like. I learned that the control I gained from walking away from food because I had already had my calorie count meant I could also walk away from other areas in life that were causing my stress. I also learned how to make my body work for me. I also learned to have patience with myself as I watched the choices I make yield results I had hoped for. I learned to stop comparing myself to others and realize my own path in life is unique just as my body type is unique. I can celebrate wins with others because I understand it is not a competition but an experience. I will get out of it exactly what I put into it, just not necessarily in the time frame I see in my mind. Above all else, I learned to just have fun with the journey.