



317-650-0075

www.MarciaErne.com

My Background

After years of yo-yo dieting, I was frustrated with yet another weight gain. I had visions of our attic caving in due to the containers of clothes, all well labeled with various sizes. I kept them with the intention that I would get into them again one day, or the hope that I would NEVER be in THAT size again (but just in case...)! As is typical of this type of dieting, I had gained more than ever before, and was in the process of adding yet another size to the closet. Not only could I no longer tuck my shirts in comfortably, I couldn't find anything flattering to tuck my body into as I shopped for something to wear to my son's wedding rehearsal dinner. I came out of the dressing room in tears, with my self esteem at an all time low.

I had worked out for 24 years, keeping up with all the latest cardio classes. For a number of years, I had been doing a cardio class every day, and in the summers, two a day. Working out was great fun for me. That wasn't the problem. My idea of dieting, knowing that the way to lose weight is to take in fewer calories and expend more, was to just not eat much, most of the time giving up meals. I had eaten low fat foods for years, and had given up a multitude of fattening favorites, (except for chocolate). It just didn't make any sense to me that the pounds persisted, I rarely ate breakfast, and just grabbed a low fat snack here and there, accompanied by an ever-present diet drink, and, of course my daily chocolate fix. Little did I know that my body was hoarding fat because it was lapsing into "starvation mode". I also didn't realize that those here-a-snack, there-a-snack low fat foods added up, even though I was always careful to read the calorie and fat gram count of everything before I brought it home from the store.

I also have hypothyroidism, but that is controlled by medication, and the doctor assured me that even though I was gaining weight, my levels were all "within normal range". Well, I couldn't blame it on that, then.

If things weren't bad enough, I broke my toe and had to drop cardio classes for about 7 weeks. How bad could that be? I gained an all time record high of 20 pounds, not to mention reaching the outer limits of foul temper from workout withdrawal!

I had been attending a Fitness Karate class, a highly intense, fun workout. After class one evening, I had a conversation with the instructor, Ian McCranor. He would give diet and exercise mini lectures occasionally at the end of class, and I always felt they were aimed right at me. They certainly hit home, anyway. He said that if I was eating right, and with the intensity with which I worked out, there was no reason why I should be gaining weight. He suggested working out with weights, and I started working with him as my personal trainer. Along with the weight training, he upped my cardio a bit by encouraging me to run about 2 miles a day. He counseled me on my diet, and I started writing down everything I ate in a day. I was quite surprised to see that the calories really mounted up, even though I still ate low fat foods. Much of it could be considered empty calories.

Ian helped me to see that I needed to eat 3 meals a day, or better yet, 6 little meals, and to distinguish “food” from “junk”. I eliminated all snacks, and balanced my meals (skipping them is not the answer!) with low fat protein and carbohydrates. He also told me I needed to be drinking a lot more water. I trained with him in the weight room once a week, and went two additional times a week on my own. Within 3 months, I dropped about 35 pounds. Now, 5 years later, the weight is still off. My closet now contains only one size and a lot of empty storage boxes. I no longer have a taste for diet drinks. Yes, I still eat the occasional piece of chocolate!

My energy level has increased, along with muscular strength, confidence, and self-esteem. The weight-loss formula is simple: fewer calories in, and more burned. It takes some thinking and planning, both in food choices and workouts. It’s not a matter of “being on a diet”, it’s developing a lifestyle change of good eating habits. A good cardio workout is necessary to burn calories. but I can’t stress enough the importance of weight training. It certainly changed my metabolism. As you build muscle, your body burns more calories throughout the day. In addition to enhanced physical appearance, it increases strength to perform everyday tasks more effectively, increases bone density, and helps to prevent injury or muscular imbalances.

It’s hard work, but worth it!

And now, I am seeing the same success with my personal training clients. Working out and eating clean needs to become a way of life.

Live It, Become It!