

Texto Tipo: Artículo Descriptivo

Reading Text

"A success story " (by Susan Slim from California)

"All during my childhood I was teased by my peers because I was overweight. Although I was never obese, I was larger than my classmates and their words made me angry and depressed. Instead of talking to my parents and teachers about my feelings though, I turned to food to comfort myself.

My turning point came when I was a teenager and I went to the doctor for a physical exam. The doctor told me that being overweight put me at risk for high blood pressure, heart disease, diabetes and other health problems that could cost my life.

I was frightened by this prognosis. I realized that I didn't want to die so young and I decided to make an effort to lose some weight.

I started a weight loss program. Through it I learned how to add healthful eating habits to my life. I switched from whole milk to skimmed milk, reduced my portions of food, drank more water, and added fruits and vegetables to my diet.

I continued with my diet but my weight was always fluctuating. During the Summer I would lose about 10 kilograms only to gain them in the Winter. My self-esteem then was lower and lower and I had come to accept that I would be a yo-yo dieter for the rest of my life. But then something happened. I was under a tremendous amount of stress from my work when a friend mentioned how exercise helped to deal with stress.

So that's how I started exercising: stair climbing, jogging, walking, 3 or 4 times a week. Almost immediately it helped me reduce my stress and have more energy.

Along the way I have learned that fitness and well being come from the inner self and not just from the reflection on the mirror. That's why I want to share my successful experience with you. Hope it works out!

Here's my workout schedule:

- Elliptical training, jogging, walking, step aerobics or biking 1 hour/ 3 or 4 times a week.
- Strength training: 40 minute/ 3 times a week.

Maintenance Tips

- Drink water. Not only does it fill you up. It also cleans your body.
- Eat six small meals a day rather than three larger ones. This way you are never hungry.
- Once a week, enjoy your favorite food so that you don't feel deprived!