

# Gaijin Housewife

A FOREIGNER EXPLORING LIFE IN JAPAN

## The maintenance plan: Life after My Body Tutor

JULY 11, 2016 BY GAIJIN HOUSEWIFE



I'm on the My Body Tutor maintenance plan now. You can [read about my weight loss success with My Body Tutor here](#). This is an update of how I'm going since I started the maintenance plan. I got down to my goal weight of wanting to be very low 60s and able to run 5k. Just those two things were amazing to me. I surprised myself even more by getting down to 59.4 kilos. Yes into the 50s, if only just, but a first for me on record.

### When will I be ready for the maintenance plan?

I started to wonder, when will I be ready to go it alone, so to speak. So I emailed Adam again and asked him. He said, keep on the program until its boring. Until you are kind of on autopilot and you feel like this is the new normal for you. So I kept going a little longer. Then one day I realised, I had had a very testing weekend. I'd been out to work and there are always loads of temptations lying around the office. I'd been to a cafe with friends and not even looked at the cakes. My kids had had melt downs. I'd been tired. But I didn't resort to pacifying myself with food. I'd negotiated the whole lot on my new autopilot. So I thought, this must be it.

So I told Adam I was ready for the maintenance program.

### It's OK to start the maintenance plan when you are really ready.

I know when I signed up, I was worried that they might find some loophole so that I couldn't quit. I imagined I'd have to keep paying the membership for eternity (silly I know). But it was not a problem. MBT has 3 kinds of maintenance. You can keep using the reporting system by yourself for free. Or you can use one of their paid systems where you get feedback and contact from MBT if you don't submit your reports or your weight goes up by a few kilos.

### So how's it going then?

So it's been over two weeks since I finished up and I'm still very much on track. I've had a few bad days here and there but no major back sliding. I am still getting my work outs in as I have come to love them and understand how they benefit me even more than before. I'm not running as far as 5k anymore as I have a weak knee that is playing up, but I'm still running 2.5k at a time and trying to build up my knee's strength again.

Weight wise, after I quit, I got down to 59 kilos! I just kept doing what I'd been doing for the last 5 months. This is a totally new experience for me. Finish up a weight loss program and then lose even more weight? This is because FINALLY I have a handle on why I used to eat and I can judge much more effectively when I'm just craving for something and when I'm actually hungry.

### Other interesting things that have happened:

- One of my good friends joined MBT and reports that he has lost 7 kilos in a month and says "It wasn't that hard".
- Another Mama friend from my daughter's kindergarten interrogated me as to how I lost so much weight. Then when I saw her a month later raved to me how she had tried the advice I had given her and her weight had gone down. She now also has loads more energy which she needs with 3 small kids, one of which is a baby.
- One of my students asked me how I had lost so much weight. She was told by her doctor that she needs to lose weight but wasn't sure what would work for her since her eating habits weren't actually that bad. Two weeks later she reported ecstatically to me that she had taken on my advice and had easily lost 2 kilos and also has much more energy now than before.

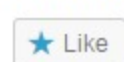
Somehow I have become a kind of weight loss motivator for the people around me. But it really is a buzz when they tell me how happy they are with what they have achieved.

If you have any questions about MBT, please email me, or leave a comment. You can also find me on my [Gaijin Housewife Facebook page](#).

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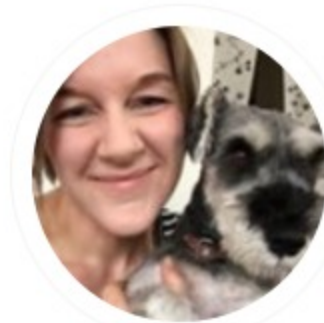
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