

BIT BY BIT

TALES OF A NEWBIE HORSEBACK RIDER

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Saturday, February 8, 2014

Weight loss update, and a review of My Body Tutor

I am happy to report I am down about 10 pounds since September 2013, have lost 2 inches from my waist and have been exercising pretty consistently about four to five times a week (a mix of riding, yoga and running). While this is not revolutionary weight loss by any means, it is success for me. I find it *extremely* difficult to lose weight and keep it off. Usually if I have lost weight by Wednesday, I gain it back by Sunday.

A subscription with **My Body Tutor** -- an online subscription-based program that provides daily accountability, advice and feedback -- has been a huge part of the success I have experienced so far.

How this all came about was I was at my heaviest weight ever and feeling sorry for myself when I stumbled upon a very hilarious and honest article by eventing rider and professional groom Megan Kepferle in *Chronicle of The Horse* entitled, "**Your Horse Deserves a Healthy Rider.**" In the article, she discusses how the same program helped her lose 35 pounds and get on track with a fitness program.

I have struggled with my weight most of my adult life -- basically ever since I graduated university and took a desk job. I've tried pretty much everything to drop pounds: low cal, low fat, Weight Watchers (more than once), NutriSystem (space food!), a Paleo regimen. I also workout too, of course. But after my experience doing a crazy 6 am boot camp four days a week for an entire year and only losing seven pounds, I know it is not the key to weight loss for me; diet is critical. Anyway, the article by Megan resonated with me and I decided to give it a shot for a few months.

How it works is at the end of each day you submit a report online to your "body tutor" (a personal trainer with knowledge of fitness, nutrition and weight loss psychology who has been assigned to you; mine is Adam) indicating what you have eaten, how much water you have had, how yesterday's workout was, what tomorrow's workout will be (see what they do here?), how much sleep you had, and some other items. The next day an email arrives and you get feedback on each item. Sometimes it is praise for a good, well-balanced meal, a great workout or for showing good control in a hard situation (eating one bite of birthday cake, for example, or drinking one beer). Other times it is suggestions on how you could improve a meal by adding more protein, a reminder to plan ahead for future meals, or some information to keep you focused. You are supposed to weigh yourself only once a week so on Sunday's report, you fill in your weight, and also do a little review of what went well in the past week, and plan ahead for the upcoming one.

Adam doesn't sugarcoat. If you have eaten poorly or are making excuses for not working out, he will call you out on them. But, he also has an amazing way of making you feel just guilty enough that you want to do better, yet never so guilty that you get fed up and want to give up. (If my husband could master the psychology behind this, he might be able to get me to start cleaning the house!). He is also very pragmatic. When I announced I was going to start getting up at 6 am so I could go to the gym before work, he sagely reminded me that this would require two new habits -- getting up early and going to the gym -- and suggested I try to just work on one thing at a time so I can be successful.

It is a long road. I have not really changed the type of food I eat in a huge way aside from cutting down on restaurant meals. My eating habits were already pretty good; it was my portion size and lack of consistency that was killing my efforts. Now I am working more on my relationship with



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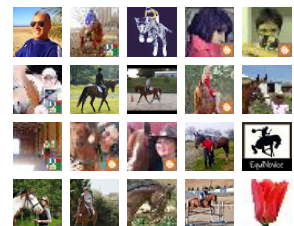
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food. For example, after a few months on My Body Tutor, I find myself frequently asking myself if I really want something before I eat it. I rarely eat seconds of dinner these days and am no longer tempted by donuts and other treats that drift around at work. When I go to parties, I no longer hover around the food area but select just a few things I really want to eat and enjoy them. I have my bad days, like anyone, where my irrational mind overrules my rational one. There are days that I do not want to submit my report at all and cringe as I hit the "submit" button. But, slowly and day-by-day, these small mental shifts are making a difference and, even if it is only by losing one pound a week, I am ever so slowly inching towards my weight goal. (I have about 10 pounds to go.)

So, if you are so inclined, do check out My Body Tutor. It really is a great service that has helped me and I believe the habits it teaches lend themselves to long-term weight loss.

Posted by Laura @ Bit by Bit at 7:44 AM

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Labels: [Fitness](#) , [Weight](#)



4 comments :



American Girl February 8, 2014 at 11:23 AM

Cool! I'm glad it works for. :)

[Reply](#)



Deborah Kuo February 10, 2014 at 7:50 AM

i've said it once and i'll say it again; you're such an inspiration! i have been working diligently (ok not so much...) on getting my sleeping and fitness schedule on track. it doesn't help i've been fighting this strange bug that hasn't quite left me alone. but, when i was trying on pants the other day, i noticed i had a little more tubb than in the past, floating past my waistline. it's not that i'm heavier... but things are squishier and taking more space!

i've been planning my week similar to your "my body tutor" but doing it on my own with my companion as support (mostly b/c we're both in the same boat). i'm going to take your post as inspiration to really change my mindset and intentionally do things!

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Laura @ Bit by Bit  February 10, 2014 at 8:32 AM

Aw, thanks (blush!). :-)

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L.Williams February 10, 2014 at 10:41 AM

Glad you found soemthing that works and congrats on the loss!

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