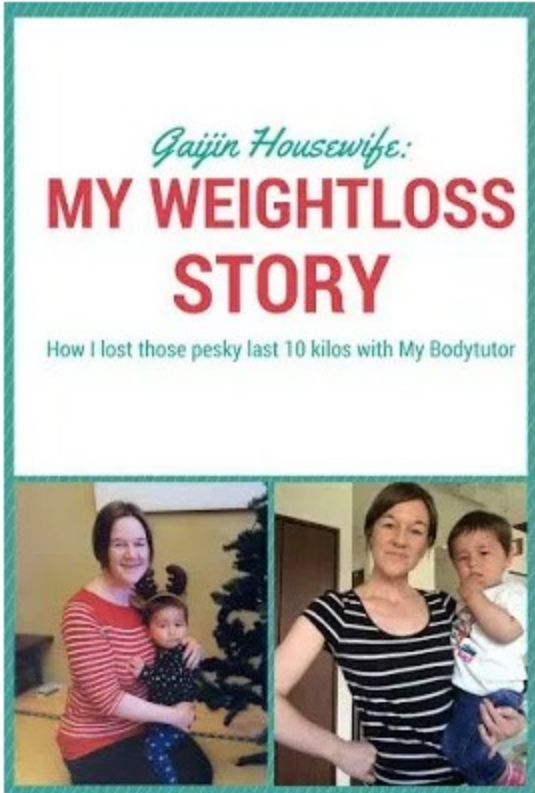


Gaijin Housewife

A FOREIGNER EXPLORING LIFE IN JAPAN

My weightloss story: How I lost those pesky last 10 kilos with My Body Tutor – Review

JUNE 2, 2016 BY GAIJIN HOUSEWIFE



Before shot is December 2015, After June 1st 2016

This little story (and my review of My Body Tutor) starts back in January 2016. I had been watching my weight slowly go up with increasing distress. Surely, with all the walking I did, this shouldn't be happening!

I'm going to talk numbers here.

First time I realised I was overweight: 7 years old
Years since then I have been overweight or even obese: 30 years
Highest weight ever reached (during pregnancy 1) 92 kilos
Highest non pregnancy weight 87 kilos (not long after coming to Japan...hello stress eating)
Post baby 1 weight loss attempt (Weight watchers online) down to 65 kilos then back up to 68.
Post baby 2 weight loss attempt (Weight watchers online) 68 kilos.

Then I got up to 70 kilos again and I was just sick of myself. Over Christmas I was packing away the chocolates every day (in my tummy that is). Why was I doing this? It didn't even seem to make me feel better/fuller/more satisfied. I would put the kids to bed at night or down for a nap and then stand in front of the pantry and look for something to munch on. I would eat a whole big bag of potato chips because I liked the crunchy feeling in my mouth... I started the couch to 5k (C25K) programme, hoping that some serious exercise would help me. Nope. My weight just kept going up.
So in January, 2016 I was reading Gretchen Rubin's book, Better than Before. I'm a big fan of hers so anything she recommends, I know must be good. I came across *My Body Tutor* (MBT) for the first time there. I thought this is exactly what I need. My own personal tutor who will read my food reports every day and give me feed back on every single meal and snack, every work out. I can do amazing things when other people expect it from me, but am useless trying to do stuff for myself. Sound familiar?
After my initial euphoria of finding a programme that might finally work for me, even though I live in Japan, my doubts quickly crept in:
Do I **deserve** at personal tutor?
It's **too much money** to spend on myself.
What if I **fail**?
I have two small kids, **no time** to do this.
I don't want to **spend money on losing weight**.
I've never been slim, **my body is just made to be overweight**.
So I emailed Adam. Yes, I contacted the FOUNDER of MBT and got a response almost straight away. I obviously was not the first person to be a fence sitter about joining. For me the money thing was a big hurdle. Not that I didn't have it, but I couldn't see the value of spending it on myself to improve my health and wellness. Coffees at Starbucks, clothes, trips to Disneyland all way more important....
In the end, with pretty much a feeling of terror, I did sign up. Why the terror? Adam is such a kind and genuine person I should have been falling over myself to sign up. Taking those first steps was so scary. I am also my own worst enemy sometimes and asking for help is a huge issue for me. But as Adam gently reminded me, what I had done so far had not worked, so maybe it was time to do it differently. Hell yes! It certainly was!
Adam personally picked my tutor from his team. My tutor is Nikki, she is the Tigger to my Eeyore and without her supporting and challenging me, my weight loss over the last 4 months would not have been possible. At the time I didn't realise there is a page where you can go to see all the tutors' profiles, but after I heard that Nikki was in charge of me I went in and read them all. Adam had definitely picked the person who was the best fit for me.
The first week was the hardest for me. My body had to get used to the MBT way of eating, which meant a few challenging experiences. At those times I would email Nikki for help. She would reply as soon as she could with suggestions on how I could get through a tough craving or whatever it was that was too much for me to face alone. Now this way of eating has become automatic and I rarely need to use my willpower at all (which we only have finite amounts of and why diets usually only last about 2 weeks).
Over the last 4 months I totally changed HOW I eat and my relationship with food.
Now I focus on eating lean sources of protein FIRST, lots of veggies, I focus on how eating this food is going to make me feel in a few hours, cause we all know that saying "A moment on the lips..."
I figured out that I am a total stress eater and so now I just chew gum and get the same effect without the calories.



I've gotten smaller and my son bigger! It's nice not to have to carry that extra 10 kilos around all day!

So now,

- I am 60 kilos. Ok, 60.2 kilos to be exact and I just got back from two weeks holiday and am back to my pre-holiday weight already.
- I completed my first ever 5k a couple of months ago (I have always been a non sports person). That was without running every day. 2-3 times a week max. I did not go to a gym once. I walk my dog twice a day IN ADDITION to the running.
- I now eat low-carb and I am less hungry and more energetic than I have ever been, probably since I was 7.
- I have stopped thinking about food all the time. I don't hang around the pantry. I feel like I am finally cured of all the things I hated about myself.
- I have freed myself from potato chips. From sugar cravings and the guilt that I felt when I had overeaten again.
- When I go out with friends and an amazing looking piece of cake that I will remember in 2 weeks time comes along, I can enjoy it like I never could before.

I also opened this jar of peanut butter around the time I started MBT. Now I have eaten my way through 2.4 kilos of peanut butter over 4 months but am still 10 kilos lighter. My fav snack is no longer a whole bag of potato chips but peanut butter with carrot sticks.



Here are some other great things that have happened since I started my journey with MBT.

- I re-started my blog that I used to love but had no energy for
- I started an online business with my sister and am now officially an "entrepreneur"
- I rekindled my passion for Ikebana and flower arrangement. Suddenly I now have an interest in this again and the energy to do it
- People have told me that I am much happier and brighter/more cheerful than before
- Oh yeah and I look the best I have ever looked in my entire life at the age of 36.

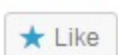
I'd be happy to answer any questions you have about my MBT or how I went about losing weight. But I just want to say this. I have been on a diet of some kind for most of my life, some worked some didn't but none of them stuck. Working with MBT has been the most effective weightloss programme I have ever used. Not only have they helped me to get the weight off, but I now have the tools and the confidence to keep it off.

Did this strike a chord with you? Go on just [contact Adam](#), let him help you. You will be glad you did. Tell him I sent you.

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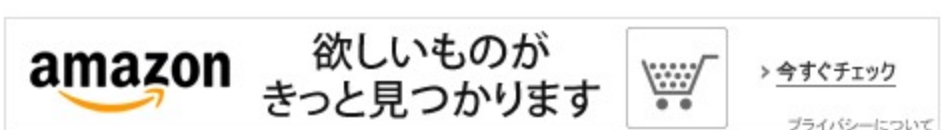
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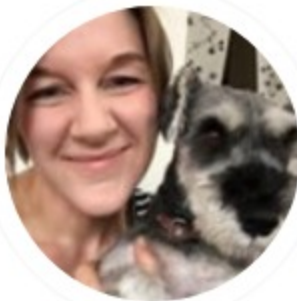
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HI, I'M JAYNE



I'm a mother of two kids and one fur baby, living in Fukushima, Japan. I love Ikebana and blog about life here in semi-rural Japan.

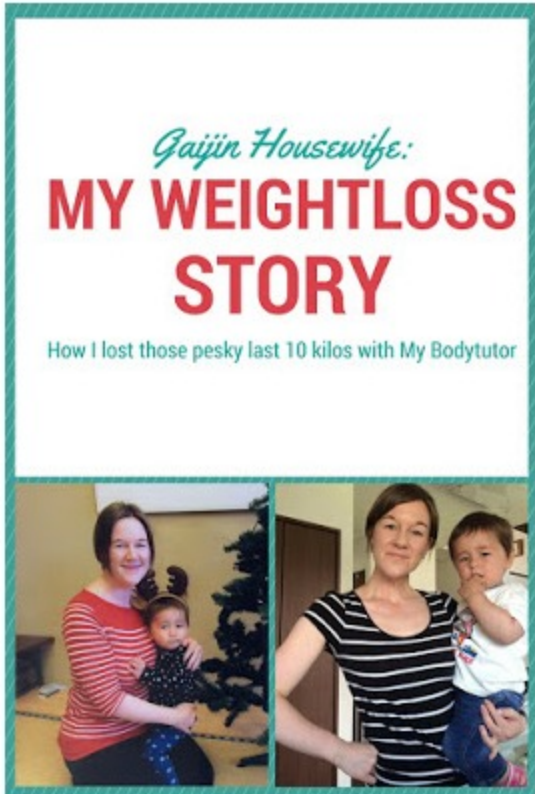
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