

# mind, body + spirit fitness<sup>®</sup>

## Help Me Lose 20 Pound



Lisa Renwick, 37, is the subject of the 2006 FITNESS Makeover. A technical recruiter by day, she lives in New Jersey with her husband and two children, ages 1 and 3.

### About this Blog

Would you accept a year of free training, nutrition counseling and life coaching—in exchange for having your "before" picture published in a magazine? Lisa took Fitness magazine up on that offer. Here, a behind-the-scenes look at her year-long effort

### Fall Funk

Every month when it comes time to weigh in (and by the way, weight is not the only measure of my success), I cannot help but feel some trepidation. Because I have this tremendous support system, you might think "how could she possibly not succeed?" Truth be told, I still need to do the work, and sometimes it is difficult to stay on my game.

This has been my most challenging month thus far. With the weather change and the darkness setting in early, I tend to get into what I call my "fall funk." I am feeling a bit burnt out with my regimen and life in general -- I'm trying to keep up with my calendar, and I feel very easily frustrated, short-fused and impatient with my kids (plus I'm not feeling very motivated at work). I'm also feeling overwhelmed and embarrassed; I'm accountable to my readers, and I do not want to let you down. Hence, the emotional eating and the "give up" mentality has kicked in.

This is often a vicious cycle for me. Some trigger occurs that makes me want to eat poorly or binge. This makes me feel good temporarily, then I feel badly about over-eating and then that makes me want to start to binge all over again.... yada yada yada.

Thankfully, I have recognized that:

1. I am human, and
2. I have a fabulous support team I can reach out to for help and guidance. So, through my tears of frustration, they are helping me get back on track.

Cindy Sherwin, my nutritionist, is helping me find alternatives to bingeing -- something instead of emotional or unconscious eating that makes me feel good. Some options: call a friend, go for a 10-minute massage, buy some sexy lingerie, do some breathing exercises and/or some journaling.

I am also reading "Intuitive Eating," a book recommended by my life coach Lois Barth. It helps you identify the kind of eater you are and how to listen to your body. My trainer, Leslie Rice-Hart, and my Pilates instructor, Jill Venezia, are trying to step up my regimen as a form of stress relief and as always they are *all* there to listen, give hugs and pick me back up.

And of course, my husband Peter has been very supportive and comforting during this funk. His patience, love and hugs have been extremely helpful. Family and friends have been encouraging and supportive as well. I could not get through this without all of you.

Back on track,  
Lisa