

mind, body + spirit fitness®

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

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Put me in, coach

Since I first started doing this, the most common question I get asked is, "What is a life coach, and how is that different from a therapist?"

The way Lois, my life coach, puts it is, "If you look at your life as a garden, people go to therapists to address the rocks, worms and the weeds—in other words, to focus on what's getting in your way. With a life coach, the focus is more on what kind of flowers, plants and trees do you want in this garden called your life."

Lois is there to help me attain my goals. She is helping me get from where I am to where I want to be. Some of the things I am working on are: my commitment to health and well-being (including diet and exercise), as well as personal and professional goals and aspirations. There is no right or wrong, but rather we figure out if what I'm doing is helping me move in the direction I want to be going or not. Of course, getting there is often three steps forward, 2.5 steps back!

We just had a session last week where we looked at my pattern of overeating after I put the kids to bed. Lois made me see that I was eating in a way that didn't support my goals or self-esteem, so we brainstormed different ways to approach the nighttime munchies, which most people struggle with. We came up with an idea: As soon as I came home from work, instead of stressing out that my daughter wanted my attention but that I really had to get dinner ready, I would cuddle with her alone for a few minutes and let her know what the evening schedule was. Kids love and need routine and to know what to expect--and I'd be giving myself a breather in the meantime. That way I can prepare dinner in a much calmer state, and reduce the chance of overeating as a way to deal with my stress.

We talk a lot about how important eating consciously is. So after I tuck the kids in, if I want a snack or a "treat," I have a planned one. Also, because I'm in a more relaxed frame of mind, it feels more like a treat....We'll see how it goes.

I am thrilled to be a work in progress (as I am sure I will be for the rest of my life...LOL), and I am confident that having a life coach has made this journey a little less stressful and a lot more fun.

Your forever evolving friend,
Lisa