

# **Active Image** Success Stories

*Building the Foundation for a Healthier You!*



**Every once in a while its nice to hear how real people are coping with the real challenges of managing their weight, finding time to exercise and eating well-balanced meals. Herbie is one of those people -- I hope his story inspires and motivates you to reach your goal and be the best you can be!**

Herbie is a loser ... the good kind -- he has lost 35 lbs and is feeling great!

He loves to eat (who doesn't?) but being very active playing hockey, rugby and lacrosse allowed him to indulge freely throughout his twenties. But by the time he reached 32 his very busy life no longer included time for sports but he continued to eat everything he wanted and his weight grew to 251 lbs.

Having to buy larger clothes was bad enough, but as Herbie realized he was uncomfortable much of the time and any exertion, even walking a few blocks became an effort he decided it was time to do something about it. Herbie started a training regime with Cathy Morenzie in November 2001- together they decided that 30 pounds would be a realistic and attainable goal.

He started e-mailing his food records to Cathy ... this was the first time he had kept a record and he found it very helpful. His favourite exercise is jogging and since he lives in the Beaches, he jogs four times a week on the Boardwalk and meets with Cathy once a week to review his progress and new exercises.

His major challenge is familiar to all of us ... how to find the time! Herbie gets up earlier and jogs in the morning. Although he enjoys running with others he finds running alone can be very therapeutic. The exercise program along with better eating habits did the trick; in fact, he has lost more weight than his original goal and after 4 1/2 months is now 216 lbs.

"My only regret is that it took me several years to make the decision to get fit. Now that I've made that decision and have been blessed by seeing the benefits, I am so glad that I didn't wait any longer. One of the best parts is fitting into clothes that I haven't worn in ages!" Herbie says. As a result of the weight loss, Herbie now wears clothes two sizes smaller and when he recently took a suit in for alteration, he discovered it couldnt be taken in that much without changing the overall fit and look of the suit! I got the definite impression that this time he didn't mind having to buy new clothes!

Herbie is now feeling great as well as feeling good about himself and next month he is entering his first 10K run with Cathy Morenzie where he hopes to beat his personal best time. To Herbie we say: "Congratulations and Good Luck!"

Written by Sheila Paterson  
Active Image Editor

**Here is what worked for Herbie...it can work for you too!!**

- 1. Start small and gradually progress -- we started with small runs and gradually increased the time and distance**
- 2. Record everything you eat -- the best way to gauge your calories is to keep track of them -- we often eat more than we think we actually do**
- 3. Trim the fat -- after identifying the triggers to overeating, Herbie began making some necessary changes; cutting some desserts, saying no to second helpings, increasing his water intake and eating more balanced meals**
- 4. Make time to move -- like brushing your teeth and eating daily, Herbie now plans his day to include some sort of exercise -- including vacations.**
- 5. Set realistic goals -- we set a weight-loss goal of 5 pounds per month (which he exceeded) and to run a 10k race followed by a mini-triathlon.**
- 6. Get support -- some goals are difficult to achieve on your own -- hire a personal trainer, nutritionist or health professional ... your health and well-being is the best investment you can make!**
- 7. Get balanced -- although running comprises the major part of his workout, Herbie also lifts weights and tones his muscles with abdominal exercise, push-ups and Pilates exercises.**
- 8. Get focused -- make up your mind to just do it!**



For a more detailed program or other questions, please email me at [cathy.morenzie@sympatico.ca](mailto:cathy.morenzie@sympatico.ca) or call (416)410-8517. Remember, to always consult with your doctor before beginning any exercise program.

Please share this success story with your family and friends; they will thank you for it.

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