

Weight Loss is a Journey to Wellness

by Carrie Koster

As I sit here trying to think about my weight loss journey and how it has evolved in my life, I think who am I to tell anyone how it can be done. Being overweight is such a personal experience with no two people experiencing the struggles of being overweight the same. My whole life, being overweight, has been "a norm". I believed for a lot of years it was just how I'd always be. I had to take a look at who I was. I decided to put my own words in to practice that I preach to my children... "you always have a choice". You may not always have a choice what happens to you, but you always have a choice how you respond.

I committed to myself a couple of years ago now, that I was going to learn about nutrition, start exercising, then do what I had to do to lose weight. My ultimate goal was to be able to go shopping and buy clothes that I wanted, not just the ones that fit!

I was looking for answers, quick answers, that would tell me what I had to do with all my problems. Ha! Two years I have been reaching for that goal. I realize in pondering my goal, it really was a dumb goal. Who cares what I wear! Well, generally speaking. So, I made a new goal; to be the healthiest me I can be, mind, body and soul.

My goal now is simple in theory but hard to do. For me, my life's journey has led me to put God first in everything that includes my wellness journey.

With God's help I have learned...

...french fries every time you go to town is a bad idea. I quit french fries I dropped 10 pounds.

...my children are always watching and learning who they should be, so I need to be a good example.

...Weight Watchers is a great plan, but like every plan you have to stop planning and do the plan.

...when God brings someone in your life they are for a season, a reason or for life.

...my first plank of 20 seconds was pathetic, but who cares, we all need to know our starting points.

...commit to workouts and God will bring others who will commit with you.

...the number on the scale is irrelevant when I can say I went a year not a cold, not a flu, not 1 day missed from being ill.

...the family that plays together, stays together. Being able to do Bootcamp with my kids or my husband is a blessing.

...I can always out eat what I worked off. I need to choose what I eat wisely.

...people will always judge you whether you give them permission to or not. It's your choice how to respond.

Every day is a gift. With each sunrise comes a new day to learn and to do better than the day before. We make choices every day that set us on a path that creates our life's journey. Life is about the journey, not the destination.

For me, my journey is more like a jigsaw puzzle. God is the creator and master of my puzzle. The jigsaw pieces of the puzzle of my life are about finding the true me and bringing her out, by putting all the pieces of my journey together.

As I think about how far I have come, 60 lbs lighter, stronger and healthier then when I was two years ago, I know with God, anything is possible...anything!

When someone believes in themselves as much as God believes in them, the possibilities are limitless.



At my heaviest!



October 2011



September 2012



December 2013

Nothing is impossible the word itself says I'm possible.