



# Do a 360° and Recharge YOUR Life!

## *This is Bill's story...*

I am 65 years old. For most of my life I have been overweight. Since my forties, my weight has been around 260 +/- pounds on a 5' 10" frame. All my life I have had a tendency to be overweight, and since my siblings had the same problem I thought I was born with it. We called ourselves fat rat #1, #2 or #3. The only thing that changed over the year was who fat rat #1 was.

I have always exercised and I do not have the normal health problems that come with obesity (high blood pressure, cholesterol or diabetes), but two years ago I developed Atrial fibrillation (A-Fib), a cardiac arrhythmia. For several months I did not know it and thought my lack of energy and stamina was because I was old, fat and out of shape. My A-Fib is for the most part under control, but I was still old, fat, out of shape and I no longer had the stamina to carry my weight I once did. Also, a cardiologist friend of mine said I needed to lose 50 pounds. About that time (November 2011) another friend of mine told me about Beckie Houser and FitPlan 360° and the success he had had losing weight by following the diet plan she laid out for him. So, after all these years, my wife finally got me to a nutritionist.

At our first meeting I came to understand that I do not have a tendency to be overweight, but I have had a tendency to overeat, eat the wrong things, and at the wrong time of the day. Beckie taught me what to eat, when to eat and how much to eat. Beckie did not give me a "diet" that I would get on until I lost my weight then get off. She gave me a lifelong change in my eating habits. She said if I followed her plan the fat would "melt off" and I would go from a waist size of 51" to 36". After 8 weeks, with her guidance, I was well on my way.

Over the last year I got "off plan" on vacations and during the holiday season, but every time I got off, I got right back on it. Getting off plan for a few meals is not a problem. I can allow myself to enjoy special foods on special occasions without getting carried away. I enjoyed the special foods and sweets of the last holiday season and put a few pounds back on. However January 2<sup>nd</sup> I was back on plan, and in four weeks I lost all the holiday weight gain and my weight is below where I was before Thanksgiving.

Looking at the attached chart of my weight going back almost 3 years, you can see when I started the FitPlan360° and the steady weight loss I experienced from day one. Today, my waist is 35", I have lost 90 pounds and 55 inches over my total body. I have reached my target weight of under 175 and a BMI of 25. I went from low energy and sitting a lot to high energy and cannot sit long without getting up. There are no longer any fat rats in my house!

If you need to lose weight and are ready and willing to change your life, go see Beckie. Do it before you lose your health or do it to regain your health.

Bill Smith



Before...



After... AND to be continued!

