

## The Fat Loss Project – My Journey as a Guinea Pig – the 1<sup>st</sup> Six weeks.

The e-mail subject line said. “Guinea pigs needed to lose 30 pounds in 6 weeks”. Intriguing. The offer was looking for up to 20 volunteers for a project, and if accepted, all the workout & meal info was going to be sent to my inbox for 6 weeks. Basically, I could just *do* and not have to *think*. Those last 4 words were the clincher, ‘*not have to think*’ because I had just had that conversation with myself, gosh, if I didn’t have to think, and someone would just tell me what to do regarding nutrition and exercise regimen, I’d do it. Then this e-mail pops in my inbox and I have to say – ‘OK, did you mean that? Put up or shut up, girl.’ Now was the time to get back in the game with this weight project.

I found Coach Rylan’s blog when looking up info on all the press about Michelle Obama’s arms last spring. I had wished for a nice set of strong, Linda Hamilton arms once, and now the First Lady was getting attention for her nicely toned arms. Coach Rylan’s blog name kept me coming back to it because I would like to go sleeveless someday. So I lurked around his blog & web site for months, gotten on his e-mail list because he seemed to be a trainer who thought a little different than the masses of PTs, but had a real plan, and I have been very skeptical of ‘personal’ trainers since my last round with getting the weight off....

2 years ago hauled myself into my local gym, talked to a couple of trainers on staff and picked one that I thought would challenge me. I promised myself to do whatever he required, no whining or complaining, because I really wanted to be done with this weight issue. I signed up and committed to over \$4K of a training contract. Things seems to be working great at first, working out 1–2 hrs a day, reviewing food journals (1500cals a day) getting my butt kicked and making progress, Then that trainer I was working with decided to move to another gym, and I was stuck where I was because I had a contract. I was reassigned to a trainer that had no financial interest in my progress and I was just an hour out of his day. I noticed most of the trainers at this gym were always trying to sell or up sell something, a boot camp, a supplement, another level training (\$\$) and it seemed there was little interest in the ‘personal’ trainer part of the position.

After 5 ½ months of at the gym, 5 days a week, I was frustrated to be only 25 pounds lighter than when I started. I WAS more toned, but not the results I expected for working as hard as we were. I do believe that the last trainer was doing what he had been taught and I do not fault anybody. I did think after that experience that losing this weight was impossible

and I had waited too long to get serious and was going to be heavy forever. And based on that thinking – bring on the cheesecake!

So looking at the ‘no thinking’ email invite, I thought ‘I got to do this, I can’t leave myself this way’, so I filled out the information requested, sent in my fee and waited to hear what would be the next step.

Over the course of the next 6 weeks, I stuck to the plan, made the best choices based on what I could pack with me if I was away from home, or be very specific if out to eat. I found it really easier to make those choices, a combination of my commitment & the simplicity of eating the whole foods Coach Rylan’s menu plans contained. I wasn’t perfect, but I didn’t have to throw all abandon to the wind if the eating situation wasn’t within my control. I could always make something work or come close to the guidelines. During the 6 weeks, I attended business meetings that involved buffet foods, was out of town for my anniversary for 3 days and attended a 3-day business conference. I said ‘no’ to things I might have otherwise said ‘yes’ to, I kept telling myself I wanted the results more than I wanted\_\_\_\_\_ (fill in food of choice).

I also reintroduced myself to the gym, where I hadn’t been for 6 months. I found the workouts able to be done at home or at the gym. I purchased an IronGym and a couple of heavier dumbbells. I already had a stability ball and some resistance bands, so I could get my workout in, at home, at the gym or if traveling. No excuses.

At the end of the 6 weeks, from my starting weight of 249, I weighed in at 230.5. I lost a total of nearly 14 inches off my body (13.75”). I was surprised at the results, pleasantly surprised, how after thinking I was doomed to be heavy not all that long ago. My faith in myself and the reality that I CAN get this weight off is possible and real. I am not far from the amount of weight I lost in 5 ½ months the last time with a trainer at the gym, I can match that number and exceed it during the next 6 weeks. I know I can lose more in half the time.

I would recommend this program and working with Coach Rylan to anyone that wants results and will commit themselves to make the changes that have to be made, because it is worth the changes they will experience. Working via email, through his blog, or over his website have not made the program any less effective, I *still* have to do the work, *stick* to a game

plan, *follow through* on my commitment, whether I am face to face with my trainer, or talking via email and video demonstrations. The key factor is am I willing? I am glad I was.

I specifically would recommend this to anyone who may never want to set foot in a gym, because it can work if you work it at home, or travel for work. I would also recommend it for anyone who thinks it cannot work for them, that has the 'been there, done that' feeling, to give it one more try with this program. If you follow Coach Rylan's program, you will see results.

How can I put a dollar amount on gaining my confidence back, I'd sound like a MasterCard commercial if I tried. But I was willing to spend over \$4K before and did not have the kind of results I did with this program in less time.

I am so thankful that I was included and look forward to further success with Coach Rylan's program.

~ Carla Conrad