



Staying motivated during your **weight-loss journey**

By Lesa Knollenberg

Why is it that after a weekend of brats and beer we gain two pounds, yet a concentrated week of low-calorie choices barely nets a difference? Losing weight is like trying to re-heat a cold bath by adding warm water; it takes a frustratingly long time to get to your goal and makes you

wish you were just starting off fresh.

Take Sherri*. She has lost 15 pounds, and the difference is noticeable. She would like to lose 15 more, but the goal seems insurmountable. She knows the effort it took to lose the first 15, and needs motivation for the rest.

If she was asking advice of **Sandy Schuette**, who has worked in the weight management field for over 18 years and has assisted over 1,000 clients in Dane County, she would be offered this first step: "Stop telling yourself it's hard. You need to watch the self-talk," Schuette stresses. "Whatever you think

about it, that's how it will unfold." If Sherri tells herself "this will be difficult," it will unfold that way. But, according to Schuette, if Sherri tells herself she is capable of the challenge, it will unfold as an accomplishment.

Schuette is the director of **Harbor Weight Loss Clinic**, where three components of weight loss are addressed: nutrition, exercise and emotional counseling. With a nutrition counselor and a fitness trainer, most people are initially able to lose weight. Schuette maintains that overcoming the emotional component of eating is where the permanent success is found. Concentrating on the reasons you overeat are important. Schuette says that a way to uncover and confront your overeating is to ask yourself, "What is food for me in my life?" For Sherri, staying motivated during her journey means getting the emotional aspect of food under control, which will lead to consistency in eating healthy.

Pat Barone of **Catalyst Coaching** knows a thing or two about staying motivated. Since losing 70 pounds, she has helped motivate thousands of clients throughout their weight-loss challenges. She is often called "America's Weight Loss Catalyst," and has these suggestions for staying motivated:



Pat Barone
Catalyst
Coaching

"Motivation sags when we lose track of our goal, when the going gets rough and when we are bored. The best way to get re-motivated is to shake things up; find a new exercise form, attend a seminar, learn something new or get a coach. Remind yourself exactly what you really want and consistently get yourself back on track." Barone has seminars and newsletters that regularly bust weight-loss myths and teach clients to lose weight permanently.

Inspiration can be like a shot of espresso for a flagging dieter. To stay motivated, find someone you can emulate; often his or her journey is similar to your own. Shows such as "The Biggest Loser®" have inspired millions of people to lose weight by empathizing with contestants. Finding a trainer or fitness instructor who is confident, positive and enthusiastic will add extra motivation.



Jill M. Budde
Fitness instructor

Jill M. Budde, (pronounced, appropriately,

Booty), has been a fitness instructor for over 12 years. She is certified in Zumba®, PIYO, Spinning, TurboKick and by the American Council on Exercise (ACE). She also teaches resistance training classes. She advises clients who need a boost of motivation to mix things up.

"If we do the same activity over and over, our bodies seem to hit a wall and actually start losing fitness gains," Budde says. "When exercise becomes too routine, we need to mix it up. My No. 1 choice is adding some form of resistance training to your favorite exercise.

The awesome benefit with resistance training is the increase in lean muscle tissue, which is concurrent with a rise in metabolism — especially beneficial for women because our metabolism naturally drops as we age."

*could be any of us, really.



Lesa Knollenberg is a local freelance writer who ran alongside the Ironman triathlon.

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