

Hello! My name is Barb. I am the receptionist here at Toledo Blade Weight Loss. Many of you know that I participated in a 14 week, 45 day HCG program back on January 5, 2015. I lost 28 pounds while taking HCG, and lost another 22 pounds during the transition phase (Phase 3). I have successfully kept the weight off since 2015. Once I saw the pounds falling off, I was super excited to commit to a new lifestyle!

Healthier eating with more vegetables and protein, reading all food labels for hidden sugars, and drinking more water were crucial to my success. But there was something missing from the true healthy lifestyle equation: EXERCISE!

Now I am the first to admit, I hate to exercise. I never did like it, and I never made it a part of my lifestyle – until now. I was one of those people who would join a gym, to jump on the bandwagon, so to speak, only to find myself engaged in a year or years-long contract and just going a few times. You know the type – maybe you were one of “those people” too!

So what changed for me? Middle age! At the age of 52, I was diagnosed with osteoporosis and scoliosis. My doctor kept telling me “you need to start weight and resistance training to help build your bones up”. Not to mention, I need to tone up from the looser skin I have from losing 50 pounds Did I listen? Almost – I did buy some weights and resistance bands, a yoga mat, and an exercise ball. I can do this at home – I’m not getting sucked into the gym scene again. And how did that work for me? It didn’t – what happened?? I had every excuse in the book why I didn’t follow through to finally start exercising.

Then one day on my way home from work, I noticed a Curves facility right around the corner from Toledo Blade Weight Loss. It is literally 90 seconds from our building to theirs. I decided to stop in and check it out. I was transformed by the end of my walk-through tour with Anita, a very friendly Curves counselor.

What a no-brainer for exercise haters like me! You follow a circuit of resistance-based machines that work every part of your body – shoulders, arms back, abdomen, legs, and almost every other major muscle group from head to toe. It’s fast (30 minutes) and very user friendly. Every staff member is trained on every machine, so there is always a friendly helpful person to answer your questions and help you with the machines. No more being ignored at traditional gyms, with pressure to buy time with a personal trainer to answer questions or help you to navigate the many pieces of equipment. And better yet – it’s women only (sorry guys)!!

How am I doing now? I am on my 5<sup>th</sup> week at Curves, and I honestly can say I like to exercise now! I am committed to going three days a week, and can make the stop after I leave work and before I go home. No more excuses for not going to exercise – too time-consuming, out of my way, not convenient with my lifestyle, etc. I really believe this time, exercise and I are going to become good friends! I have more energy, I’m building strength in my core and arms, and I sleep better. Consider checking out Curves on the day you come in for your weekly counseling sessions. Just a short drive around the corner from us – it may change your life like it did mine.

Happy Summer!

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