Weight

Continued from Page 1

In 2013, she decided to work with a trainer and rebe- lief in her abilities. She cut her portion sizes down to 800 calories per meal and increased her activity levels, going from 3 miles a week to 3 miles a day. She started to notice a change after 10 weeks.

“By September, 2013, Schmitt had lost 90 pounds and was looking better and feeling better,” she said. “I was almost ready to ask my doctor about weight loss surgery, but I realized that I had one more thing to do before I considered that.”

Schmitt started thinking about weight loss surgery, but she knew that it was not something that she wanted to do. She had heard stories from her friends and family members about how the surgery had affected them, and she knew that it was not something that she wanted to go through.

“I don’t want to go through the ordeal of weight loss surgery,” she said. “I want to do it the healthy way.”

Schmitt began to research alternative ways to lose weight. She read about the benefits of exercise and diet, and she decided to try a new diet that consisted of eating small, frequent meals.

“I started with the support of my family and friends,” she said. “They were all very supportive, and they helped me stay on track.”

She started to track her progress, and she noticed that she was losing weight.

“I was starting to feel better,” she said. “I was able to do things that I had not been able to do before.”

Schmitt continued to lose weight, and by the time she reached her goal weight, she was feeling great.

“I have lost over 90 pounds,” she said. “I feel like a new person.”

Schmitt has been able to keep off the weight, and she credits her success to the support of her family and friends, as well as her own determination.

“I am not buying a new scale. I am not going over 400 pounds,” she said. “I am going to keep working hard and stay healthy.”

Schmitt is now looking forward to the future, and she plans to continue to work on her health and fitness.

“I am not done yet,” she said. “I still have a lot to work on.”

Schmitt is an inspiration to others, and she hopes to inspire others to make healthy lifestyle changes.

“Everyone should be able to live a healthy life,” she said. “It is not easy, but it is possible.”

Schmitt is proud of her accomplishments, and she is looking forward to the future.

“I am excited about the future,” she said. “I am ready to do more.”

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