

# Carolyn's Triumph

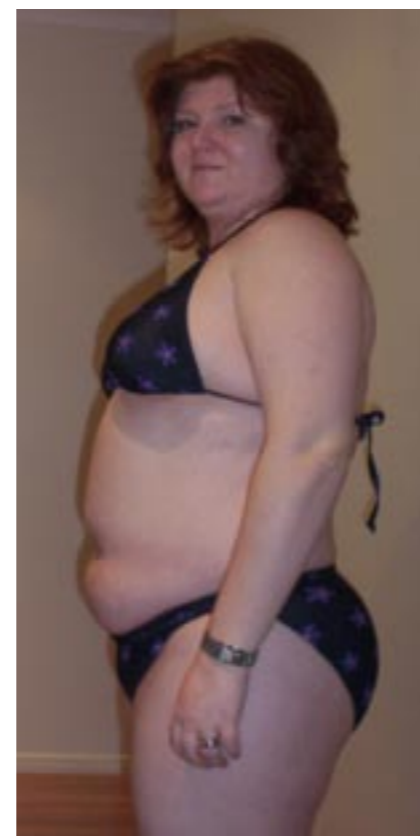
In early 2006, Sue Heintze received an email from a very desperate woman. Weighing in at 96.7kg and more than 30kg overweight, Carolyn Gerdtz's body fat percentage registered off the scale. She was unhappy, very definitely unhealthy, and finally at the end of her tether. Sue Heintze explains how she finally got back on track.

Of course Carolyn's weight didn't increase overnight – it was a gradual process for someone who was originally quite fit. After a promotion at work (Carolyn is an electrical engineer), her stress levels increased - she worked longer hours, started to eat a lot of takeaway/ convenience foods and drinking more and more alcohol to 'relax' at the end of the day. Whilst still going to the gym when possible, she was getting home late and her husband was starting to feel neglected. Guilt set in and her gym attendance started to decline. Finally she dropped out altogether. It wasn't coincidence with the recent changes in lifestyle, Carolyn's weight began to increase quite rapidly.

Carolyn emailed me for our Sign Up forms, but didn't do anything about them for months. Carolyn explains, "I was a bit unsure, especially since I had so much weight to lose, and I saw that most of the success stories on the Ideal Bodies Online website were mainly

achieved in 12 weeks. I knew that it was going to take me a lot longer than that as I had a lot of weight to lose."

Says Carolyn, "I was in trouble, and I didn't really want to admit it. My unhealthy lifestyle was in full swing. I was drinking every night consistently and I was eating a lot of takeaway as I couldn't be bothered cooking. I didn't take my lunch to work, so I would go to the shop. Before long, my usual chicken and salad roll was replaced with lasagne and chips – 'comforting food'. Funny though, I always had a diet coke with it!!! Then I started getting toasted sandwiches for breakfast, as I couldn't be bothered eating at home – after drinking every night, I always felt under the weather, so preparing something healthy was not something I felt like doing. Before long my weight ballooned out to over 100kg. I was on medication for high blood pressure, had high cholesterol, and I was experiencing a racing heartbeat every night from drinking, and from stress at work. I



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couldn't get up stairs without huffing and puffing and I was constantly having to buy new clothes in bigger and bigger sizes (ending up with a pair of size 20 jeans), and I was generally feeling very depressed about myself. I was so ashamed of what I had become, and even though my husband never really said much about my weight, he would try and encourage me to do something about it but it was a while before I felt 'ready' to commit myself to doing something about it."

Unfortunately Carolyn's isn't an isolated story. There are countless overweight women and men out there, facing the same dilemma's that Carolyn did.

Carolyn was a high risk client so I insisted on a medical clearance from her doctor before we began. I started Carolyn out very slowly, to first create a foundation. We built on that foundation, by including progressions in her training programs and consistently changing her nutrition plan so that her body was



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constantly challenged and forced to make changes.

Throughout her time with Ideal Bodies Online, Carolyn was so vigilant in following our feedback procedures. I believe this was one of the reasons she was so successful. Carolyn called them her 'therapy sessions'. She consistently thought about and constructed weekly goals for herself, each week measuring how she stacked up, and how she could improve. She was constantly challenging herself and looking ahead for any obstacles she could foresee, and together with her feedback coach, consequently planned in advance how she was going to overcome those obstacles.

Lack of patience is one of the biggest mistakes people make when it comes to losing body fat. Carolyn achieved her amazing body in just 12 months – not a long time in the whole scheme of things. She ate six meals a day, enjoyed a free meal each week, and even had a holiday in the midst of one of her programs. It

proves that consistency and patience is the key to success – not starvation, deprivation or perfection!

Carolyn's story proves that with hard work and determination things can be achieved that you would never have dreamt possible. A stunning walking advertisement for overweight people, her story provides hope and inspiration to many – anyone can accomplish amazing things if they have constant encouragement and proper instruction in the right environment.

I was fortunate enough to meet the inspirational Carolyn on the Sunshine Coast when she had her final photo shoot. Her final measurements revealed she had lost a total of 39.1kg. She had 'toned', feminine muscle, and she radiated health and vitality, inside and out. In Carolyn's words, "It was wonderful! I felt a million bucks for achieving what I did. I have a long, healthy and happy life to lead and Ideal Bodies Online has equipped me well to continue on this path." \*