

DEZI W.

My Journey to a Healthy Lifestyle

As a 40-plus single mom, I often struggled with my weight – fluctuating between 250 and 300 pounds. My closet often held a range of sizes from, from 18 to 26 and 2XL - 4XL. To say I had given up on myself would have been an understatement. I tried diets, calorie counting, weighing food, eliminating certain foods, etc. I knew these things were an unhealthy, unsustainable approach, and I was good at making excuses about why I couldn't lose weight (no time, no support, costs too much, hurts too much, there is something wrong with me, etc.).

START

In 2017, my life turned upside down when I suffered a spontaneous dissection of my vertebral artery. I moved back home to California and started working for Western Governor's University.

It was with trepidation that I first discussed a desire to join the 2021 Heart Walk with her. While I do not have heart disease, I do live with other heart challenges. Sarah helped me train.

I felt pretty good about getting up and moving, but when California went on complete lockdown, my sedentary ways returned. During this time, Sarah did not judge or push for more exercise.

God had plans for me, and I won a bike at the walk! I was excited to get my son on his bike, too.



In 2020, when Sonic Boom was made available at work, I weighed 300 pounds. I had picked up an additional 50 pounds over the course of three years.

I started working with Sonic Boom coach Sarah, and she was there to help me understand that progress is incremental, and small wins are just as important as the big ones, especially through the height of the pandemic.



Don't be afraid to reach out and make a connection to start on the journey to a new and balanced you!

While my weight is a huge factor in my wellbeing, Sarah helps me with my emotional wellbeing as well. Sarah is more than a coach; she's also is a valued and trusted friend.

Since that day, I have changed my diet, sleep schedule, stress-relief methods, and the frequency and duration of exercise. As I write this, I now weigh 254 pounds and can now ride that bike.

Then the embarrassments of embarrassments happened. The bike seat slid down when I sat on it. I was well over the weight limit for the bike.



FINISH