

Make A Decision – Key That This Two Finds To Fight Obesity

Depression and stress are the factors that led Jennifer Morganstern and Tone Benestad to eat and eat, it's actually their way of letting out all the depressing emotions they have. These two were struggling with obesity for years and in search of the best formula to help them lose weight. Jennifer Morganstern a 40 old from Olympia, stated that she actually spend ten years eating and drinking. She even tried a lot of antidepressant, and even admitted that she lacked motivation. She mentioned that she got tired with carbs and sugar and all she wanted is to lie down and just watch TV. Tone Benestad 54 years old, also from Olympia, stated that even before she graduated high school in 1970, obesity was already into her. She actually weighted 218 pounds way back. Tone even mentioned that she wasn't alone in having obesity. Out of the six kids in their family, three have weight problems as well and the other three has drugs and alcohol problems. Tone weighted to 376 pounds a year after her graduation, and because of that she stopped riding horses, which was her passion before. She just ends up smoking, smoke and smoke, about three packs of cigarettes a day. Sooner or later, the two women realized that there wasn't actually a magical potion or pill that can help them lose their weight. They have to be responsible for themselves. They have to choose which options to follow to help them lose weight some of which are diet pills, personal trainers, health clubs, Weight Watchers, Jenny Craig, Slim-Fast, NutriSystem, Lindora, Overeaters Anonymous, nutritionists, protein shakes, low-carb diets, weight-loss surgery, hypnosis, behavior modification. They have to find a way to follow Oprah Winfrey's advice. 'Make a decision', this what Oprah says in the January issue of her magazine. 'Know that you deserve the best life possible...Go out and get it'. Finally, Jennifer Morganstern made a good choice, to go out of that obesity in her, this happened last year at her 40th birthday. She stated that she can imagine being so miserable for the rest of her life. She actually quit he job and enrolled in a meticulous twelve week program at the Valley Athletic Club in Tumwater, Wash. Jennifer actually pumped iron for about three times under the supervision of personal trainer David Ross. She even attended weekly eating- and fitness-education class, took weekly spinning classes and filled out a daily food journal. And at the end of the program she attended to, she dropped about 48 pounds. And later this year, she wanted to ride in the Seattle-to-Portland bike event. Tone also wins back her life.

About the Author

John Lyons Certified horse Trainers give horse training advice as does Clinton. The links above will lead you to some of the best known Horse Trainers.

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