HOME

This Incredible Woman Lost 225 lbs at Age 63 by Following These 7 Simple Steps

By bestfolkmedicine · 13/11/2018 · 3 min read

The amazing Diane Naylor was able to get rid of 225 lbs at the age of 63. Namely, 4 years ago, she moved to Oakhurst, California from Fresno and was really looking forward to the possibility of new outdoor activities like biking, hiking, etc. in Yosemite. Nonetheless, there was a big problem that was bothering her; she weighed more than 400 pounds and was ashamed of going out in public. She was depressed and felt miserable as a result of her obesity.

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The Dedication and Effort Paid Off

However, one day, she decided to make a change and started her weight loss journey. This resulted in a successful loss of astonishing 225 pounds and she claims that she has never been happier. Now, she can do all of the outdoor activities that once seemed impossible. If you also struggle to lose weight, make sure to check out the couple of advice she has decided to share with the rest of the world and help others in their weight loss efforts.

7 Useful Tips to Lose Weight

Start now

Weight loss should never be put off and the sooner you start, the better the results.

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Small changes play a big role

Walking is one of the best options; at the beginning of her weight loss, even going to the mailbox was a challenge. However, she was persistent and when she lost 20 pounds with the help of daily walking and an improved diet, she began to ride an indoor bike and lengthened the duration of her walks. Nowadays, she hikes 4 mile trails and does 30-mile hike rides together with her niece.

Find a supporting environment

After losing 50 lbs on her own, she joined the TOPS club which offers support to members and regular meetings. She went every Monday to the meetings and also got encouraging letters, calls, and emails from other members to let her know that there is someone who is there for her and supports her in her journey that was certainly not an easy one.

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Introduce new foods to your diet

For example, before her weight loss efforts, she did not eat fish. However, she decided to change this so she purchased an air fryer that enabled her to cook fish without surplus grease; this also improved the taste of the fish.

Do not go on a specific diet

Before joining the TOPS, she tried out all kinds of diets; however, she always gained the lost weight back. Therefore, she decided to consume more vegetables, excluded junk and processed foods, and was physically active on a regular basis.

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Be persistent

Everyone who wants to lose weight should know that plateaus are common; however, as long as you have the needed dedication, you will succeed in your efforts.

One meal at a time

Without doubt, staying healthy is an everyday decision, which can often be overwhelming for a lot of people. But, you should take it slowly and focus on one meal at a time and reduce the exposure to excessive stress and pressure.

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