

Finding out my body fat percentage and caloric needs from Mobile Fit and Wellness was just what I needed to get the scale moving in the right direction. Although I had been exercising and eating healthy foods I seemed to just be stuck and not losing any weight. Based on the advice I received in my personal consultation I started to use a web site to actually keep track of what I was eating and the associated number of calories. Prior to this I didn't pay attention to the number of calories at the end of the day. Just by making sure that I included a morning and afternoon snack I started seeing the scale move. I kept eating the same things I was before and really only kept track of the calories on the website for about 2 weeks. This allowed me to establish a good baseline and become more aware. I used to try not to snack, thinking it wasn't good. In actuality I was able to keep my metabolism working and keep myself more satisfied. My body was burning calories digesting my snack and it helped me start to lose weight. Once the scale started to move the motivation was there to keep going.

Thank you,

Cathy Olson
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