Julie Chirban: Lost 23 pounds and competed in ½ marathon

Before:

After:

I am 25 years old and two year ago I married my best friend, Nathan. I tried hard to learn to cook well and Nathan appreciated the effort. The only problem is that we were both focusing on our careers, home ownership and a new marriage, which of course meant less activity. I saw some pictures of myself last summer and was not happy with how I looked. I had gained 20 plus pounds since our wedding and knew I had to do something. Nathan and I tackled the situation together and put ourselves on a strict diet. We eliminated all simple carbs and ate primarily lean meats and vegetables. We allowed ourselves one cheat day during the weekend and then would get right back to it. After 4 months of this regiment, we each had lost over 20 pounds

When the New Year came around, my twin sister and I decided to compete in a half marathon. The event was to be held in St. Louis in April. So, we had 4 months to train for the race. I conferred with several members who had also competed in distance races. Dean Smith was one of those members who encouraged me and passed along many tips. There are many elements to consider besides the training; how you dress, what you drink, what you eat before, what you eat during, how to pace yourself. One thing that helped me in my training was using the Arc Trainer. It was a wonderful way to cross train and build up my endurance.

I am now at a point that I feel better about myself. I have learned that your diet has to be deliberate and intentional to be successful. I have learned to be a better cook without being a fattening cook. I learned it is easier to have the willpower in the grocery store than in the house. And I also learned that I have the capability to do things that I never thought that I would do.