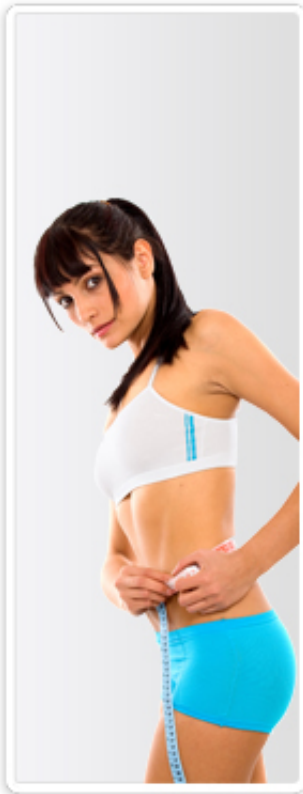


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Tiffany D Lora

I have always been overweight but as menopause approached I had an even harder time controlling me



weight. Desperately I started trying every conceivable diet I could find, but it did not help. Every time I lost a little weight on one of the diets I would just gain it right back when I stopped the diet. I was on a roller coaster that was playing havoc with my health and getting more and more depressed. Of course the more depressed I got the more I would eat. I was becoming a compulsive eater. My mental and physical health was spiraling downhill and I was losing control. Food had literally taken over my life.

Then finally I came across [Fit Orbit](#). I could not believe the results. I have already lost 30 lbs and am still losing! Working with my own personalized trainer has really helped me stay motivated and focused. They helped me plan meals that are practical and even have some of my favorite foods! The fitness and diet plans are very flexible and can fit in with my busy lifestyle and tastes in food. This is another thing that helped me to stay focused and beat the cravings. These are healthy balanced meals that really satisfy you. In fact I do not even feel that I am on a diet.

I can track my results and send a help note to my trainer at anytime. With tracking I can easily adjust meal plans and exercise régimes to get myself back on track and see where I went wrong. It is also very satisfying to see my progress. I can now look at myself in the mirror and love myself after a very long time.

Another great thing about [Fit Orbit](#) is the fact that I can go at my own pace. There is no stress or constant pushing to reach a certain weight. I have since learnt from my trainer that stress is one of your worst enemies when you try to lose weight. They helped me to understand how to relax and get free of tensions by working out and eating healthy.

For the first time in my life I am feeling like a human being again and went swimming on a public beach for the first time in many years. I am no longer afraid to go out and show myself in public. In fact now I enjoy my new found confidence and can show off the new found me. I can buy cute outfits and go out with my husband and make us both proud.

I can now lead a meaningful healthy life. But above all my family can also live a better life. I can keep up with the kids and my husband instead of having to rest at intervals and keep them back when we went for outings.

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