## Finding the New Me

Clothing from an earlier time – sizes zero, two and four – mocked Angie Keeter every day whenever she'd reach for size 24. When she couldn't take it anymore, she shed 100 pounds in 10 months.

BY LAURA AGADONI



ngie Keeter, who had always been slim, figured she would never have to work out or watch what she ate. She saw her pregnancy as a license to eat. Eventually, her habit of eating the wrong types of food - and lots of it – led to a weight gain of about 130 pounds. After having two children just one year apart, Angie knew she was overweight and tried to remedy the situation by exercising a little. "I started working out at home right after my daughter was born, but I couldn't get the weight off," she says. "I would burn 500 calories, so in my mind that meant I could eat 500 calories more. My life revolved around food." Angie had two babies who could not yet walk, and because she was carrying around all the extra weight of her children plus her own excess weight, she was constantly out of breath.

The final straw happened one day at a friend's pool when a neighbor suggested that Angie might want to go to the gym with her. Angie, donning a bathing suit at the time, was forced to take a closer look at what her body had become. She didn't like what she saw.

## Finally feeling full

Frightened and apprehensive about going to a gym, Angie reluctantly agreed to tag along after her neighbor joked that even if she hated the experience it was a two-hour break from the kids. From that first gym visit, Angie was hooked. But the real change occurred when she started to write down every bite of food that entered her mouth each day. "The first time I logged my food was very eye-opening for me," Angie recalls. "Five-calorie pieces of candy add up" – as do

"extras" such as butter, salad dressing and cheese. It wasn't until Angie changed the way she viewed food that she started shedding pounds.

Her lightbulb moment came when she realized that if she could just feel full she wouldn't crave the junk food she had become so instinctively used to eating. Angie soon discovered that it didn't matter whether she ate a greasy cheeseburger or a grilled chicken breast. "When I was full, I was full," she says. Before Angie started eating clean, she made a deal with herself: "I told myself that if I was still hungry after eating chicken and vegetables for lunch, I could get myself a cheeseburger." She never did need the fast food.

## **Making it work**

One tip that worked for Angie was to pick one day out of the week to make dinners and then freeze the meals in portions. Not only did this save her time during the week, it helped her to regulate portion size. If you cook a large meal, you may be tempted to have seconds or more, but you can't do that if the portions are already set. She eats five small meals a day, trying to go no more than four hours without eating, and makes sure to incorporate a protein into each helping. This approach helps keep her metabolism running on high and reduces cravings significantly. On the flip side, she no longer snacks out of boredom just one hour after eating. Having never exercised a day in her life prior to hitting her record weight of 230 pounds, Angie is now a certified personal trainer and a Zumba instructor. She has completed three half marathons and is preparing for her second full marathon. In 10 months, Angie lost more than 100 pounds and has kept it off for more than four years. @





Angie Keeter
HOME: Ozark, Missouri
AGE: 43
HEIGHT: 5'8"
BEGINNING WEIGHT: 230
CURRENT WEIGHT: 125
OCCUPATION: Certified
personal trainer,

**Zumba instructor**