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Lisa Schocke

Age 28

Unmarried with one child

Occupation: Operations administrator

Passion: Environmental issues

Background

Lisa Schocke had weighed over 200 pounds since she was in fourth grade. "Needless to say, that resulted in self-esteem issues," admitted Lisa. Even though she was active and would exercise, her calorie burn was less than her calorie intake, which added quite a few pounds over the years. "I LOVE to eat," said Lisa. "I have a huge appetite and, until a few years ago, I never counted calories." It wasn't until she hit 300-plus pounds with her first pregnancy that she took action. "I wanted to be healthy for my child. My goal was to get back to the weight I was before I got pregnant." So she went to work.

Lisa educated herself about fitness and nutrition. "I spent hours and hours reading on the Internet," said Lisa. Over the next two and a half years, Lisa lost 90 pounds by counting calories and increasing her activity. She was on a roll, and then ... she hit a plateau. "It was so frustrating!" said Lisa. "Nothing I did would move the scale." Then one day, while working out at the gym, someone suggested she talk to Stephanie Casella.

Solutions

"Lisa's calorie intake was so low, she actually needed to increase her calories to lose weight," said Stephanie. "The trick is eating the right kinds of calories." So Stephanie developed a 12-week nutrition plan to help Lisa break through her plateau. The first week removed all starchy carbs from Lisa's diet, and used fats for energy. "Carbs encourage the body to retain water," explained Stephanie. Lisa lost

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six pounds. The second week increased Lisa's total daily calories. "It was scary," said Lisa. "I had worked so hard to lose weight, and I was afraid that eating more would put the weight back on. Instead, I lost six more pounds!" By the end of the 12-week program, Lisa had lost a total of 24 pounds and weighed 158—far exceeding her original goal. But that wasn't the end.

During her time at the gym, Lisa had taken some Ringside Fitness classes for her cardio workout, and she got hooked on boxing. She wanted to compete. She started working one on one with a boxing coach to develop her skills; she pumped iron and did cardio to increase her strength and stamina; and she reached out to Stephanie to help with nutrition. "Boxers want to qualify for the lowest weight class possible," said Stephanie, "which is typically 10-15 pounds lower than their normal weight. I develop nutrition plans that help them attain their weight goal without sacrificing power or energy." At the weigh-in for her first boxing match, Lisa had reached her goal ... 140 pounds.

Results

Duration of training:

12 weeks initially; now competition preps

Change in body weight:

-104 pounds on own; -46 pounds with Stephanie; -150 pounds total

Boxing stats: 1 win, 0 losses

DURATION OF TRAINING: 12 WEEKS



BEFORE

AFTER

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Do you still LOVE to eat?

Oh yeah. I don't think that will ever go away, unfortunately. But I've got a handle on it. I now know a lot more about healthy choices and portion sizes. Plus, when I don't eat right, I feel lousy. That's when I call Stephanie to find out how to fix what I did. She's like my "poison" control hotline.

What do you like best about working with Stephanie?

Stephanie has a way of encouraging (or "pushing") you to succeed. You don't want to disappoint her. She's straightforward about what you need to do to get where you want to be. And she checks in with you regularly to make sure you're on track.

What's the biggest benefit you get from working with Stephanie?

Stephanie is a great resource. I have learned so much from her, especially about how the body reacts to certain foods, such as proteins, carbs and fats. Stephanie freely shares information, making it easy for me to make smart choices when I'm out on my own.

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