

## PROFOUND PATTY

Just yesterday I was involved in my usual weekly coaching session with a client, whom for the sake of anonymity we'll call Patty - who is from, again with all anonymity, somewhere in oh, say, Wyoming.

Patty's weight had not dropped in 2 weeks, and she was perplexed. I went on a fact finding mission, and let Patty chat for awhile. Now, Patty is down close to 25 lbs of fat loss. In recent weeks, she said, she is receiving an 'undue' amount of attention as to how good she is looking. A heretofore arrogant, neglectful male at her place of work who had always ignored her - and I quote - 'frumpy' self had suddenly taken to showering her with random kindnesses. There are women not liking her as much as they used to. And she's getting daily compliments on her emerging figure. Oh, and it's not "Patty, you're looking really skinny!" It's "Patty, you look so healthy and vibrant, and you've lost weight! Wow!".

"Well," I asked Patty, "isn't all that positive feedback wonderful? Doesn't it feel good?" "No," Patty says. "If I'm going to have people notice me, I'd like it to be for something PROFOUND - not something as simple as weight loss."

I very nearly choked on my protein shake. "As simple as weight loss, huh?"

Now, as an aside as I calm down, I'd like to share that upon receiving all this positive feedback, Patty switched her cardio to evening instead of morning "because it just felt better", she says, and took to stuffing her face with a couple extra pieces of toast and peanut butter in the evening because "I was tired". These behaviors predictably held up her further weight loss for 2 weeks. However, the real issue is - why did she switch her cardio, why the face-stuffing?

As we talked, she began to see the connection between all the recent positive feedback and her resulting self-sabotage. I waited for her to absorb her 'aha' moment. And then I laid into her:

'NOW, since when is completing changing your physique not profound? How many people around you Patty, are overweight?

Most, you say? How many of them are on diets, talk about diets, are going off diets, are trying new diets, are buying diet books and chastising themselves openly for not being able to adhere to said diets? How many people around you are actually succeeding at pure and unadulterated fat loss? How many people do you personally know that are completely transforming their bodies?’

‘None’ Patty predictably answers.

To further protect Patty’s anonymity, I’ll state here that Patty is a teacher. She affects the lives of many children - children who are watching her change her body, change her life. They are watching her go from ‘frumpy’ and unhealthy to glowing, vibrant, self-assured and fit. She is teaching them by example, what is possible in the realm of self-responsibility. Then there are her coworkers, a notoriously diet-addicted group of folks who never seem to drop weight that stays dropped. Then there are the parents of her pupils, her friends and the community. All of these folks are quietly (recently not so quietly!) watching Patty transform her life. The visible part of that is her physical self - her physique. Many of those folks are waiting to see if she fails so they can feel better about their own failures. Some of them are pondering her with wonder - seeing her with new appreciative eyes. And a dismissible few are getting angry because they really don’t want to see that this level of transformation is possible.

‘Patty,’ I tell her, “what you are doing is not just profound, it borders on anarchy.” Patty liked the sound of that. “Setting out to define yourself as a fit person, to have the bravery to take on such a daunting task as physique transformation - with the expectation that you will succeed! - is as profound as life gets. To have the ability to trust yourself and expect the best from your self - this is profound. To act, to actively and publicly behave as if you deserve the very best of what life offers! Physique Transformation is like swimming upstream- swimming mightily against the flow of everything you’ve known about how to take care of your body (remember the prescribed drugs?), against the flow of family, friends, social situations, stress, deadlines, holidays - not to mention the contents of the teacher’s lounge. The courage! The chutzpah! To plumb your thinking and be willing to discard what does not work - to change how you see yourself! You are even

pushing against the stream of what is known about fitness! You're eating carbs! Doing only prescribed cardio sessions! And you're not on a 'diet!! HOW CAN YOU TELL ME THIS IS NOT PROFOUND?? Can you show me someone who is doing something more profound than this??'

This is a woman who ate something called 'Pizza Squeeze' when I met her. I'm still not sure what that is. She had the hardest time figuring out what to do with 'real' food. 'What in the hell do I eat?' I heard that weekly. Now she's on sweet potatoes, chicken, vegetables, and protein powder. Remarkable. Miraculous.

Patty's back to her morning cardio and planning for her evening meals. I think she'll meet her goal weight by Christmas and I'm rooting for her. I'm tempted to give you her e-mail address so you can pull for her too, but at this point the overwhelming support might send her into a tube of pizza.

Yours in Sublime Fitness,

Sheri Lynn