

I have no intention of EVER dieting again.

For most of my adult life, I have struggled with my weight. I was the typical yo-yo dieter. I would gain weight, get disgusted with myself, go on a diet, lose weight, stop dieting when I achieved my “goal” weight, and begin the whole process over again and again and again. During these many years of yo-yo dieting, I became very focused on the numbers of a scale. When the numbers became too high, I experienced days and weeks of food deprivation. While I was depriving myself I would look forward to the day I hit the “right” number on the scale so I could begin eating again. My life was one vicious cycle of eating, which equated to weight gain followed by brief periods of deprivation, which equated to temporary weight loss. I had many different sizes of clothes in my closet, a size to fit whatever place in the cycle I happened to be in at any particular time. While I projected to the world that I was a joy-filled person, inside I was very down and out. I woke up every day thinking about how fat I was, how unfit I was, how I would start tomorrow. I was truly a hostage shackled in my own skin.

Finally, in total desperation, I attended Chris Johnson’s On Target Living Seminar in October 2004. At that point I was on the brink of disaster. I was nearing my fiftieth birthday. The years of yo-yo dieting were beginning to catch up with me. I weighed 236 pounds; my physician had recently put me on a blood pressure medication; my cholesterol was 230, and my triglycerides were quite elevated. Although I had begun walking three miles a day, I was still fat, unfit, and extremely unhealthy. When I attended Chris’s seminar, I felt hope for the first time in years. One of Chris’s main messages is to focus on making small changes. He made it clear that one change today and one change next week would eventually add up to big changes. He also wanted the audience to understand On Target Living was about making a choice for wellness. After his seminar, I realized that I needed to stop fighting my body and treat it like the gift that it was. This gift desperately wanted and needed to be nourished with a fuel worthy of a friend. I began to make the daily commitment to wellness, utilizing the principles set forth by Chris Johnson.

The journey that began with Chris’s principles in October 2004 has had a tremendous impact on my life. Little by little, choice by choice, one step at a time, I began to add things to my overall health journey. I decided to try things that I never dreamed I would try. Actually, I dreamed of trying them, but was too embarrassed to try them. Who wants to see a really fat person in spandex shorts? Today, I exercise every day and I mix up my exercise routine with yoga, swimming, spinning, walking/running, and weight training. Along with the exercise, I decided to eat in the green areas of the On Target Living Food Target. Since I began aiming for the center of the Food Target, I have lost over seventy pounds. But the downward movement of the scale was not my primary objective. Remember that I was a healthcare disaster waiting to happen. My newfound friend, my body, began to respond positively to the gradual changes I was making. My blood pressure is now 90/60 without medication. My resting pulse is around 50, my cholesterol is now 143, and my triglycerides are now in the healthy range.

Best of all, I have no intention of EVER, EVER dieting again. I am done with that. I need to thank Chris for encouraging me to get off the vicious cycle of yo-yo dieting. The shackles that once held me hostage have been removed. I am free. Thank you, Chris, for helping me liberate my body, mind, and spirit!



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