

Living In The Light
By: Tonya M. Jones

We are well into 2008 and 2007 is part of the past. Every year ends with the most celebrated holidays in American culture. However, the holiday season leaves many people feeling overwhelmed, lonely, and depressed. During these times, many of us turn to food for comfort. Long lines, rude cashiers, and not enough help in the gift wrap center may tempt us to stop and treat ourselves to high calorie smoothies or chocolate chip cookies while shopping.

An ongoing habit of these "treats" will result in a life of obesity, depression, personal dissatisfaction, and a host of obesity related illness such as; Diabetes, Hypertension, Dyslipidemia, Sleep Apnea, and many forms of cancer. **The reason for these deadly results is simple; food was not designed to treat the body, but to fuel the body.**

As Americans we have it all twisted, which is proven by the CDC, most recent statistics "34 percent of U.S. adults aged 20 and over, are overweight and obese." For 10 years of my adult life, I was among the 34% of overweight and obese adults. After 7 attempts at weight loss, I finally beat the scale by:

- Shedding over 70 lbs
- Dropping 7 dress sizes
- Reducing my body fat by 12%
- Eliminating well over 10 inches from my waist
- Transforming spiritually, emotionally, and physically

When I look back on the decade I spent as an unhealthy and overweight young woman, I realize that I was living in darkness. **Today, I live in light** and have given birth to "Baton Health and Fitness Newsletter." "Baton" is a collaborative effort with the **BEST** health and fitness professionals, as well as, men and women who have achieved their weight loss goals.

We believe that weight loss and management is holistic and is best achieved through: spirituality, nutrition, and exercise. Our goal is to support you in your journey and efforts to live a healthy life.

Yours in health,
Tonya M. Jones, M.Ed.
Professional Speaker & Group Fitness Instructor

Disclaimer: Please consult your physician before starting any weight loss or fitness program.