

Healthy Hall of Fame

Annette Ward – Faculty – Spring 2017

Inspiration for Change: After having a significant weight loss years ago and gaining much of it back when she was diagnosed with hyperthyroidism, Annette recently learned a new approach to weight loss this time. Annette, who is a nursing instructor at LCC, has always been an advocate of health and fitness. The new approach to weight loss has to do with lengthening the number of hours fasting throughout the day to change the metabolism. Since making this major change, Annette lost 65 pounds between August and December of last year. She lost about 2-5 pounds per week.

Annette is now at her goal weight and plans to maintain where she is at by continuing to fast 16 to 18 hours per day, which leaves her eating window between 6 and 8 hours each day.

Current Work Out and Eating Plan: Annette enjoys walking an hour every morning. She also exercises with a Daily Burn video (online workouts including strength and cardio) for 30 minutes 4 to 6 days per week.

Annette has been a vegan since 2005. She doesn't eat any processed foods and enjoys lots of vegetables. With her most recent changes shortening her eating window each day, Annette usually doesn't eat anything until 11:30 am and stops eating 6-8 hours later. She doesn't eat anything for the next 16-18 hours, resuming the schedule the next day with fasting until 11:30 am.

Sticking with it: Annette is motivated to stick with her work out routine and her new eating schedule because she believes in health!

Words of Wisdom: Annette has been a health advocate for many years. She recommends that even if you aren't getting results, it's still important to do what's healthy. If you aren't reaching the goals you want to reach, continue to look for other options.