



Brewster Waddell

Brewster is an international high-tech consultant. His job requires extensive travel, which makes exercising and eating right difficult. When Brewster reached his 40s, travel and poor nutrition were beginning to take a toll on his body. He wanted to make a lifestyle change to improve his health and drop some pounds. In February 2008, he began Deanna's Way. The results have been fantastic, to say the least. Below Brewster talks about the challenges he faced and the success he has realized.

Weight Loss Snapshot:

Starting Weight: 230lbs

Current Weight: 204lbs

Waist: Before: 38" Now: 34"

Shirts: Before: XXL, Now: Large

What are the biggest challenges you face with your weight, eating habits and exercise routine?

I love food. I grew up in Italy and with a mother who knew how to cook. It was common for me to eat three big meals per day, including dinner at 9:00 p.m. I was able to eat like this for some time without any weight gain. However, in my 40s, the combination of extensive business travel and a slower metabolism led me to pack on the pounds. Although I still worked out regularly, my diet continued unaltered and before I knew it, I was overweight.

What about Deanna's plan works for you?

With Deanna's plan, I changed my approach to food and started paying attention to what to eat, when to eat it and how much to eat. This methodology mixed with a more balanced dietary mix began to payoff within the first month. My exercise routine shifted towards a more balanced mix of cardio and weight training sessions that allowed me to easily shed some weight. In particular, I focused on doing core (abs) work during every workout. This helped strengthen my back and eliminate the "tire".

What has made all the difference is timing: Know when to eat and when not to. I eat breakfast as early as possible. It kick starts your metabolism and sets the tone for how you attack the day. I also have a big lunch and include plenty of carbohydrates (pasta, rice, beans). This is great because I'm not depriving myself—my body needs fuel to lose weight.

How quickly did you begin to realize results?

Within a couple of weeks I began to see progress. I lost 8lbs the first month alone. By July I lost 27 pounds. More importantly, I am in the best shape I have been since my 20s!

What is your favorite part of the plan?

The best part about the plan is that I didn't have to radically change the way I lived my life. I was able to assimilate it into my daily routine without experiencing withdrawal. Also, come Fridays I eat and drink what I want without feeling guilty. The beauty of it is that now my system is so efficient that when I do "cheat", I don't pay the price like I used to. How much better than that can it get?!

What are your long-term exercise/weight goals?

Keep up my exercise regimen while altering the focus on body part (shoulders, legs, etc.) As to my weight, I am where I want/need to be right now.



Brewster before Deanna's Way

