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Over 50, Overweight & Out Of Breath: A Year Of Going From Super Fat To Super Fit

**Over 50,
Overweight &
Out of Breath!**



Laura E. Sinclair



Synopsis

This is a powerful and positive story about a quest for a change in life and the extraordinary possibilities of the human spirit."Before I wrote this book, I was diagnosed as MORBIDLY OBESE by my primary-care physician following a yearly visit. The only problem with this diagnosis was that we never discussed this issue. I knew that I was overweight, but it wasn't until I switched doctors and picked up my medical records that I saw this in writing. I saw myself in front of the mirror every day, so I knew things were bad, but it wasn't until I read those words, MORBIDLY OBESE, that the gravity of the situation sunk in." -LAURA SINCLAIRAt 55, Laura Sinclair was grossly overweight; the future looked dim and dangerous. Carrying extra weight was setting her up for the possibility of developing a chronic illness--heart disease, stroke, or worse. She decided to take ownership of her life and pave a new road to optimum health and happiness.-Learn how Laura lost over 40% of her body weight and kept it off.-How she reached a level of fitness and athleticism that she thought not possible in her 50s and beyond.

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Customer Reviews

I have not broken my leg like the author did but I had my own "wake up call" (quite literally this

morning) when I had hyperextended a knee last night and literally could not walk this morning when I got out of bed. I was terrified that I would not be able to work (and therefore not be able to make money). I'm a single mom who lives alone 50 percent of the time and I simply can not lose my mobility! The book is an easy read and well-written. While repetitive sometimes (but arguably, necessary to drive home the point), the author makes a lot of good practical suggestions which are easily incorporated in ones day-to-day life. What I like about the book is the author has been where I am and found her way up and out without resorting to fads, surgery, and other extreme measures... it is about common sense approaches, low-cost support systems, and assembling the emotional tools and self-discipline necessary to go through the transformation from being morbidly obese to healthy. I am on day 1 and I realize that I'm teetering on the brink of becoming one of those folks that can't walk around the store and has to use a scooter vs climbing back out of the hole I have dug for myself so that I can live the next 50 years of my life independent and self-sufficient. Ain't no one gonna do it for me so it is up to me! That is the message the author provides in her book and one that I need to have drilled into my head day after day after day. NC2ER

This book cuts right to the quick of aging and how to age as well as you would like to. Laura's voice is clear throughout the book as she takes us through her transformation. I have to say that I was hooked once I picked it up and had a difficult time putting it down. I saw myself often in these pages. Uplifting and down-to-earth at the same time... I highly recommend this to all who have joined the 50 club!

Quick easy read, very motivational. Ms Sinclair had already decided to turn her health around when she suffered a major ankle fracture (all three bones). She used that life-changing event to truly focus on her health goals! She stayed off sugar during her recovery and reported to the gym as soon as she was able. She gradually cleaned up her eating habits as she gained fitness in the gym. She didn't rush, and lost 80 pounds over the course of a year. She is an engaging writer, and includes considerable common diet and health information along the way. This is an excellent book for someone who would like to turn their health around but doesn't really know how to do it. It's also excellent if you're just starting your journey with a fractured ankle. I only gave it 3 stars because I would expect a longer read for \$6.99, and the last few chapters become a bit repetitive, as if she was trying to stretch it out. I still recommend it, however. I'm glad I read it.

54 years old. I used to be fit and I'm also addicted to sugar. What I got out of this book is that I'm not

tired and sore because 54, tired and sore because of 50 extra pounds. This book lets me know that I am only as old as I want to be and I can turn this around. It's up to me. Lots of good tips and insights.

Very honest, candid and personable read. It will give great encouragement to women like me who's over 50, overweight and out of breath that we can again become physically fit. She gives great realistic ideas as to how to get started on this life time journey and making it a part of our everyday life.

As others have said, this would have been better as a 3 or 4 page article in a magazine rather than a mini-book. There isn't much here apart from the fact that the author broke her leg and decided to use that as a springboard to lose weight, as she reminds us over and over. The thing that really hit a wrong note for me was the part where the author mentioned her encounter with a friend with a "huge gut" who told her he didn't have time to get in shape. The author said she wasn't judging the guy, while she simultaneously referred to that "huge gut" and mentioned how "sad" it was that he didn't feel himself worthy of losing weight. Sounds like judgment to me. I'm happy that the author found her way but this seemed like a self-help book in the very narrow sense of the phrase, i.e., it helped the author get the word out there about how easy it was for her to drop 80 pounds in a year, but it may not be of much help to anyone else. Unless you break your leg and decide to use that as a springboard to lose weight.

Laura's main message throughout the book is, "If I can do it, you can do it!" She uses her broken foot as the catalyst for her new thinking and adjusts her exercise and eating habits accordingly. For over 10 years she had gradually put on weight and it wasn't until she found her self immobile from the accident that her size limited her ability to move around. Laura is on her way to becoming a great motivational speaker because her story comes from personal experience and from her heart. Some of my take-a-ways were, Don't settle for less for when you can have more. You deserve it and the rewards are better than a piece of chocolate cake! Don't wait for an accident to wake you up. You're never to old to improve the quality of your life!

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