

## Lunch with Lisa Renwick and Her Makeover Team of Experts

### **4 Pounds to Go!**

Lisa Renwick is almost at her goal weight -- it's month 6 and she's got just 4 pounds to go before she reaches her weight-loss goal of 20 pounds! To celebrate her amazing progress (and find out the secrets to her success), we brought Lisa and her team of makeover experts into the FITNESS offices for lunch.



### **Shoulds Versus Coulds**

"From the very first call, I loved Lisa's candor," Barth said. "Weight loss is just physical. When I asked her about her goals, from the beginning Lisa said, 'I want to have the tools so I don't need you guys a year from now.' "We've worked on her list of goals -- she started with a list of shoulds, not coulds. And together we've stripped away the shoulds -- the rules Lisa made for herself -- and found the principles. What I think is great about Lisa is that she's willing to keep examining that and to find her truth. What delights me about Lisa is she doesn't have a suit of armor, or this persona that she's got to have it all together."



### **A Whole Life Makeover**

Lois Barth has been working with Lisa this year as her life coach. Barth is the founder of 1 Dream at a Time Life Coaching in New York City.

"Lisa is really engaging in a whole life makeover. The last time we got together I told her: this is what commitment looks like. It's sloppy -- it's anything but a perfect linear process. Accepting help, and not feeling guilty about it -- that's something Lisa has learned to do and that's a big thing for women," says Barth.



### **The Experts Who Got Her Here**

"I'm a very lucky girl" Lisa told us, pictured below with her makeover team of experts, Sherwin, Hart, and Barth. "Most women would dream for this opportunity. I'm almost at my pre-pregnancy weight. This suit is 8 years old! I haven't worn it in 4 or 5 years!"

"Lois can attest to this: when I first came I said I have commitment issues. And now when I look at it -- I've committed to an awful lot this year. Support doesn't have to be having a nutritionist, a trainer, or a life coach -- it could be your mother or your sister. I've done so much this year -- I have meetings with my chiropractor, my foot doctor, photo shoots, I'm a mother of 2, I work, I commute -- I really don't know how I'm pretty sane."

