

Lose 9 Pounds in 9 Days at Star Pilates?

A personal journey, by Sophie Braccini

Early summer is the time of the year when my annual trip to France to see family and friends starts me worrying. Will they find me looking older? Will they think I have put on a few too many pounds? And then, while driving on Moraga Rd. one afternoon, I saw a message on the Moraga Center's marquee: "Star Pilates: Lose 9 pounds in 9 days." That same afternoon I picked up the phone and called to make an appointment with owner/operator Miles Morsey.

Morsey has a very cordial and relaxed approach with his clients. "Well," he said, I'm not sure the 9-day program is the right thing for you. You might rather consider doing metabolism testing with meal plans and have the right plan designed specifically for you." So much for nine pounds in nine days, and yet I was curious so I decided the time was right to follow his advice.

Thus I found myself sitting with a pincer on my nose, breathing through a metabolism-measuring device for 10 min-

utes; as it turns out, I have a very slow metabolism. No wonder I was having trouble losing weight. I compiled an extensive list of foods I love and Morsey tailored meal plans specifically for me and my weight loss goal.

Morsey proposed a launching process to start my weight loss program off right: A no-carb diet for three days, meaning a diet focused on dairy, meat, fish and vegetables with no carbohydrates of any kind. A challenge for a vegetarian, but three days is a short period of time and I decided I was going to do what it takes to achieve my goal. After three days, I had lost three pounds. The diet's effect on my appetite was encouraging. I stopped being hungry and craving the little sweets in which I enjoyed indulging from time to time.

Now the real dieting began a week before my trip to France. I found the servings of my new meal plans extremely small. Strangely enough, the portions worked for me since I wasn't hungry, wasn't losing energy during the course of a day, and

continued to have the positive feedback of losing weight each day. Morsey advised me to balance my meals and to completely avoid snacking.

Once in France, I managed to pass muster. But ten days in France can be hard on a dieter. I had left the U.S. with two combined strategies for maintaining my weight while away: (1) stick to the no-carb tactic which allowed me to eat my share of saucissons and foie gras, and (2) maintain the small portions approach which would let me indulge in my mother's mirabelles pie.

When I came back, I was please to find I had not regained any pounds. I returned to the strict count of calories and the nine pounds have now been completely shed. Morsey has been checking on me to see how I am doing and has encouraged me to persevere with my new awareness of how my body is functioning. By focusing on my metabolism and individual requirements, I was able to take the weigh off in a more sustainable way and without the usual cravings.



Sophie Braccini and Miles Morsey, in front of Morsey's Star Pilates location

Photo by Michael Lucacher



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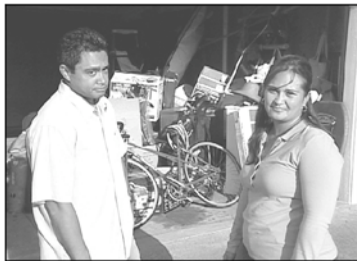
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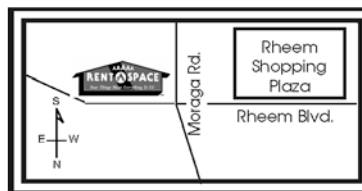
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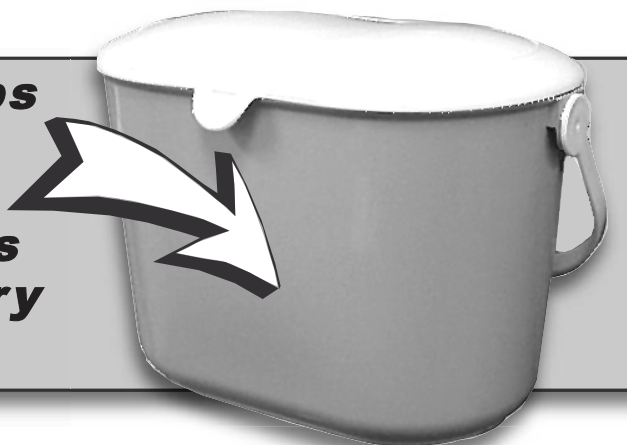
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