

# How I Lost 90 Pounds Finally Found Fitness After 60



## The Click: How I Lost 90 Pounds & Finally Found Fitness ... After 60 by Sharon Odom

★★★★☆ 4.6 out of 5

Language : English  
File size : 12599 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 172 pages  
Lending : Enabled



I'm writing this article to share my story of how I lost 90 pounds and finally found fitness after 60. I hope that my story will inspire you to believe that it is possible to lose weight and get in shape, no matter your age.

I've always been a bit overweight, but it wasn't until I hit my 50s that I started to gain weight rapidly. By the time I was 60, I weighed over 250 pounds. I was unhappy with my weight, and I knew that I needed to make a change.

I tried every diet under the sun, but nothing worked. I would lose a few pounds, but then I would gain it all back. I was starting to lose hope.

Then, one day, I decided to try something different. I started eating a healthy diet and exercising regularly. At first, it was tough. I was sore and tired all the time. But I stuck with it, and slowly but surely, I started to see results.

The weight started to come off, and I started to feel better. I had more energy, and I was able to do things that I hadn't been able to do in years.

I'm now 65 years old, and I weigh 160 pounds. I'm in the best shape of my life, and I feel amazing. I'm so glad that I decided to make a change.

If you're over 60 and struggling to lose weight, I urge you to give my story a try. It's never too late to make a change. You can lose weight and get in shape, no matter your age.

## Here are some tips for losing weight and getting in shape after 60:

- Start by eating a healthy diet. Focus on eating fruits, vegetables, and whole grains.
- Exercise regularly. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- Be patient and don't give up. It takes time to lose weight and get in shape.
- Find a support group or friend to help you stay motivated.

I hope that my story and tips have inspired you. If you're ready to make a change, I believe in you. You can do it!

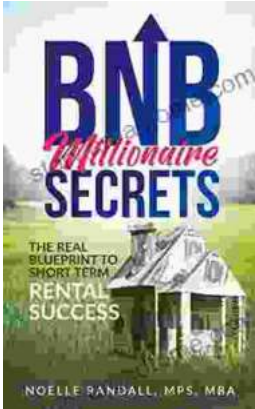


### The Click: How I Lost 90 Pounds & Finally Found Fitness ... After 60 by Sharon Odom

★★★★☆ 4.6 out of 5

Language	: English
File size	: 12599 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 172 pages
Lending	: Enabled





## **The Real Blueprint to Short-Term Rental Success**

Are you ready to create a thriving short-term rental business? If so, then you need *The Real Blueprint to Short-Term Rental Success*. This comprehensive...



## **Midas Touch: The Astrology Of Wealth**

Are you ready to tap into the cosmic forces that govern wealth and prosperity? In the captivating new book, *“Midas Touch: The Astrology of Wealth,”* renowned...