

[KgX Keto](#) my church announced a six week fitness challenge and that the fitness trainer that gave everyone their body types, would be offering free workout classes at the church. I signed up right way and went to every free class that I could make it to. It was great! I was put on a team with one of my choir members and we checked on each other every week at the weigh ins. We also kept each other motivated during the week. At the end of the six week challenge I had lost 13lbs. I was so proud of myself. God was continuing to answer my prayer.



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After the weight loss challenge I was so motivated to keep going with the workout routine, but I slipped up when it came to the eating plan. One day instead of eating at home, I decided to go to one of my favorite fast food spots to [KgX Keto](#) get a cheese hamburger. That was a mistake. I got so sick from eating that one burger that I promised myself that I would not eat another fast food burger again. Now I realize that this was God's way of working my weight loss from the inside out. You see, I had gone without eating fast food before, but I was always able to come back to it with no problems. I never had a cheese hamburger make me that sick before. Now just the thought of getting one turns my stomach. I say that God is defiantly at work in my body. I went back to preparing the majority of my meals at home and if I did eat out, I made sure it was something that was prepared fresh. I continued with my workout routine and lost over 30lbs.

Now I've been blessed with a new fitness trainer that has given me a new workout routine and a meal plan designed specifically for [KgX Keto](#) my body type. It's been great so far. I lost 1.5lbs the first week that we worked out together which is the normal amount you should lose in a week for more permanent weight loss. I've lost a total of 38lbs so far and I feel great!

Since the end of the year is upon us I reflected on my prayer and thanked God for helping me lose this weight. I didn't realize that He answered my first prayer until last Sunday when I went to register to be a bone marrow donor. One of the requirements for donating marrow is that you are in the right weight range for your height. I asked the nurse about it and she showed me the

chart that they go by to determine if you are obese or not. I looked at the chart and I wanted to shout! I beat the obesity weight for my height by 3lbs! Wow, God healed me from obesity! Prayer works.



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