



Our Stories | “Coach” Anton Kuhner



Getting ‘Naturally Slim’ - A Program that Worked for Me

What is Naturally Slim and how did you get involved?

Naturally slim is a program offered through our insurance provider. It is a 10 week weight loss program which includes weekly videos. I joined the program through an application process and was selected.

What motivated you to join Naturally Slim?

I enjoy playing sports and staying active; however, my knees are not cooperating. I am probably going to eventually need knee replacements. I wanted to lose some weight to preserve my knees a little longer and to be able to stay active with the kids. Also, I have been going to the doctor for my annual check-up and the doctor has been stressing lose about 10 pounds. It seemed like the right time to get real.

How far are you into the program and have you seen results?

I am in week ten of the program and I am enjoying the program. I had typically fluctuated around the 215 pound range. Sometimes higher and sometimes lower and I never could break 210 pounds. Right now after nine full weeks, I am at 200 pounds and that was only through changing my eating habits and no exercise. I feel that I can easily stay around this level. I have found that I generally feel good and have more energy. Also, I do feel like I have less cravings to snack. Just think about what one pound of fat represents. A pound of fat is equal to four sticks of butter. Imagine carrying around an extra 40 sticks of butter.

What are some of the key points of Naturally Slim?

A lot of the program focuses on recognizing your personal hunger cycle to determine when you are hungry and to only eat when you are hungry. Also, when you eat it is critical to eat only to the point you are full and not over eat. Breaking the habits we were given as kids, like cleaning your plate. Also, taking your time eating a meal in order to enjoy your meal as well as to allow your brain to catch up to what your stomach is feeling. It can take up to 20 minutes for the brain to recognize when you are full. Finally, there are really no restrictions as to the type of food you can eat, but avoiding sugars is a main key to losing weight.





What do you like about the program?

I like how the program is presented. Naturally slim is only a portion of the overall program. There is also discussions from exercise experts, researchers, and doctors. So it gives a well balanced approach to the program. I feel like it was easy for me to change my eating habits to match the program goals and that it will be easy to continue the ideals.

Would you recommend this program to others or do you have any advice for anyone getting started?

I would recommend that anyone interested in losing weight start with any program. Some of the research provided indicates that no one program is better than another. However, the key is following the program. If someone is interested in joining this program, I would recommend that they make sure that they have enough time to follow the plan fully. Anticipate spending a half hour eating your meal. For me, if I would have started this in the fall, I would not have been successful with my personal schedule coaching soccer.

If you have any questions about this article, Anton can be reached at akuhner@mcmahonassociates.com.

10.60

average pounds lost
after first 10 weeks

31%

of participants moved
their blood pressure to a
normal range

29%

of participants reversed
their high blood sugar

Application Period:

12.17.18 - 12.31.18

Acceptance Status Notification:

No later than 1.9.19

Program Start Date:

1.14.19