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Stop Dieting and Start Listening to Your Body

Learning To Live Like a Thin Person

BY KRISTLE ENGH

Tired of dieting and getting no results? Here's an innovative approach that promises permanent weight loss, based on a 92-percent success rate after one year on the program. It suggests something radical—stop dieting. In Jill Fleming's recently published book, *Thin People Don't Clean Their Plates: Simple Lifestyle Choices for Permanent Weight Loss*, she discusses how to achieve permanent weight loss through healthier living.

Reading labels

Fleming was diagnosed at 16 with several food allergies, which led her to read nutritional labels to avoid allergic reactions. "I became fascinated with the science of nutrition and how the body is fueled by food," she writes in her book. She attended UW-Stevens Point where she was drawn to the field of nutrition and dietetics. In the six years she spent earning her two degrees, a bachelor of science degree in dietetics and a master's degree in nutritional sciences, she had gained 40 pounds. She attributed her weight gain to poor eating habits, lack of sleep and exercise, and her denial of being overweight.

Mind over mass

She realized in order to reshape her body

and mind she needed to change her habits. "The mind is a powerful weight-loss tool," Fleming says. Soon after she lost the weight and regained more energy, vitality, and health. She did this through the development of her own weight-loss program called *THIN CHOICES*, which is based on her training, education, personal experience, and the observation of thin people. The participants in her program were not only successful in losing the weight, but also keeping it off. "I knew I'd found my calling," she says.

Fleming spent more than 10,000 hours researching the lifestyle and eating habits of thin people for her book. With this invaluable experience, she is planning on writing a "Thin People" series and has four other books currently in the works. She considers *Thin People Don't Clean Their Plates* a springboard for her to teach people how to live healthier and happier lives, and hopefully end obesity.

National exposure

Fleming has been teaching seminars around the Coulee Region for the past seven years using her *THIN CHOICES* techniques. She has been on radio shows, on the cover of *Woman's World* magazine, and published her own magazine called *Thin Choices*.



Jill Fleming is the cover girl on these publications: her book, *Woman's World* magazine, and *Thin Choices*.

She also is a motivational speaker and travels the country to educate people on simplifying their lives with better choices. "The choices that you make every day will ultimately determine what your body looks like and how you feel living in it," she emphasizes.

"Most importantly, you are learning how to listen to your body," she states in her book. By following the techniques from her *THIN CHOICES* program and listening to our bodies, we can all benefit from a long, healthy life. Fleming proclaims, "Life is too precious to live in a body you don't enjoy."

Krystle Engh lives in La Crosse and graduated from Viterbo University last year with a degree in English. She enjoys reading, writing, but not arithmetic.