

PREVIEW_ Bri Gerwitz - Interview (Breckenridge 2017) 1

Bri Gerwitz: You know my doctor had given me the required shot for college and he was like, "I think you might want to consider going on a diet." And I was like, "Why? You know, I'm still active enough. I should be able to bounce back right?" And he was like, "Well, not really."

So, starting to change that, you know, I laughed because he had recommended that and didn't look like there was a promise to it with the diet that he had prescribed, if you will.

Dr. Eenfeldt: So, what did he recommend?

Bri Gerwitz: He told me low-fat, low calorie, pretty much what I had been doing, you know, on and off, for...

Dr. Eenfeldt: Nothing really new to you, huh?

Bri Gerwitz: No... yeah, nothing new and I had already been self-conscious about that.

Dr. Eenfeldt: So what kind of issues did you have that made him recommend that?

Bri Gerwitz: I was severely large and I finally got up to about 245 pound and I'm only 5.8, so that was...

Dr. Eenfeldt: Quite a lot.

Bri Gerwitz: ...pretty big ratio, yeah, especially with my height, I'm tall, but that's still a large amount of extra weight.

Dr. Eenfeldt: So, how did you feel?

Bri Gerwitz: Awful and especially working a lot of jobs during college, I literally ran from each job and didn't think about anything else. So, needing that energy that I didn't have, was just painful.

Dr. Eenfeldt: So, drinking Mountain Dew to get energy, perhaps?

Bri Gerwitz: Mm-hmm. Coffee in the morning, a Mountain Dew throughout the day, all the way up until about 10 o'clock at night. So, yeah, it was a vicious cycle.