

PREVIEW_ Kristie Sullivan - 1st Interview (SD 2017) 2

Kristie Sullivan: In the meantime I decided to go on a very strict-- I mean the best advice I could find was low-fat and caloric restriction. So I decided to go on a 1200 cal a day diet, I got my app downloaded on my phone, I weighed and measured my food and ate by that.

I did it for the first week and I probably lost five or six lbs, I did okay. I exercised, which I don't do, I don't like to, I said, "The only thing I like to run is my mouth." I hate to work out, for one thing I hate putting on the clothes because I'm so self-conscious.

When you are obese and you put on work out clothes and go to a gym where everybody is thin, you don't fit in. But I did, I was dedicated, that first week I worked so hard. I lost weight, I was miserable, I was "hangry"... I was hungry and angry all the time, but I did okay.

The second week I lost nothing. In spite of exercising, in spite of eating religiously, because I was dedicated, remember, I was going to do this or die trying. Then at the end of the second week I called a friend.

And I was on the way to work, I dropped the children off that morning, I was driving into work and I called her and I said, "I really need you to pray for me, because I'm not in a good place. I don't know what I'm doing wrong. I'm doing everything that I have been told to do and I haven't lost any weight this week and I'm desperate. "

And she said this magical thing to me, she said, "It's not always about the calories." I'd never heard that before.