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## Convert 16 ounces of water to pounds

Name: Jen PundaAge: 33Hometown: Bollingbrook, IllinoisBefore Weight: 230 By Weight: 139 An Italian beef sandwich, cheese fries, and a chocolate shake: It was once the go-to lunch for teacher Jen Punda, who is one of the Women's Health readers featured in the new book *Take It All Off! Keep it all off!*-a plan that gives you all the nutrition and fitness tools you need to keep the weight off for the long haul! I had no idea about calories, and I didn't care, says Jen. I blocked the consequences of what I ate. Jen's size slowly climbed-a 10 in high school, a 14 in college, and a size 18 after the birth of her first child. At her heaviest, 5'3 Jen weighed 230 pounds. But when her second pregnancy aggravated an old back injury to the point that she needed surgery, Jen decided to make some life changes. She started going to physical therapy two or three times a week and soon she went and ran regularly on the treadmill. Jen also downloaded the MyFitnessPal app to help gauge portions and joined a competitive volleyball league. Now she's 91 pounds lighter. (Get slim, get sexy, and stay that way with *Take It All Off! Keep it all away!* women's health. Discover the success secrets of 30+ women who have done it) Here are some other ways Jen achieved her weight loss goal: Drinking up every day Staying hydrated really keep cravings in check. I bought a 32-ounce water bottle with marijuana marks on the side and try to drink it down to the halfway mark at 9 a.m. and the rest at lunchtime. I'll refill. Ditch guilt If you deprive yourself, you will feel deprived. Sometimes when someone brings doughnuts to work, I cut one in half and enjoy it with a friend. Crank the melodies I always listen to music while I'm running. Try something with a strong, fast beat, like 'Hey Mama' by David Guetta or Pandora's Dance Cardio station. For more inspiring and innovative weight loss stories from women just like you, check out our new weight loss book *Take It All Off! Keep it all off!* It's not a diet – it's a time-tested playbook filled with stories and secrets from Women's Health readers who dropped 20, 50, even 100 pounds! This content is created and maintained by a third party and imported into this page to help users enter their email addresses. You may be able to find more information about this and similar content on piano.io When Jaimie Florio was 19 weeks pregnant, doctors discovered that her baby was tinier than usual. It was like he was 17 weeks not 19. They ran tests to try to understand why, but the results gave no answers. And baby Connor's development seemed like it almost stopped. His growth was really slowing. They kept telling me he needed to be 500 grams - which is about a pound - to be viable, Florio, 29, of Danbury, Connecticut told TODAY. He wasn't around. I knew we needed a real neonatal intensive care unit (NICU). When Connor was born, he weighed about 11 ounces. Over the next 9 months, he has to grow and thrive. Courtesy John and Jaimie FlorioFlorio received ultrasounds every other day to observe Connor's development. Doctors wanted her to carry the baby until 24 weeks or longer so he would have time to grow. After 25 weeks, Florio was admitted to the hospital. A week later doctors noticed cord blood flow had reversed and they performed a caesarean section to deliver him. I was pretty terrified. They checked the size of him and told me he would only be 13 or 14 ounces and even that was too small to be viable, Florio said. Apparently he was crying, but we couldn't hear it. It was so scary. When Connor was first born at 11 ounces, his hand was so small that it barely covered his mother's fingernail. Courtesy John and Jaimie FlorioWhen he was born, the micropremie weighed just 11 ounces (or 310 grams) and was whisked away to Westchester Medical Maria Fareri Children's Hospital's NICU. Later that evening, Florio visited Connor, who was connected to many pipes and machines. Although she had received steroids to help his lungs grow, he needed to be on a ventilator to breathe. He was so small that he needed the slightest breathing tube, which looked like a coffee stirrer. He had a tube in the umbilical cord to give him nutrition, was under a blue light and had a mask that covered his eye. I didn't notice how small he was. I pay more attention to it when I compare him. He looked like a miniaturized baby, Florio said. When he put his hand on my finger, his whole hand barely covered my fingernail. Jaimie Florio and her husband, John, would visit Connor as much as possible when he was in the hospital for 9 months. Doctors believe their involvement helped Connor grow and develop. Courtesy John and Jaimie FlorioWhile Connor struggled to thrive, he faced many challenges. He suffered a small brain haemorrhage and had struggled to breathe. If anything was lodged in his breathing tube, his heart rate rose and he turned white or blue. Then he developed an infection. There were ups and downs, Florio said. After five months in the NICU, Connor was transferred to Blythedale Children's Hospital in December 2018. He weighed 6.6 pounds when he arrived. It was a big adjustment. We had gotten used to being in the NICU, she said. We were losing our security blanket. Because Connor spent so many months in the hospital his parents would help him celebrate the holiday by dressing him up for them. Courtesy John and Jaimie FlorioBut at Blythedale, staff prepared Connor to depend less on oxygen and learn to eat without a nasogastric (NG) tube. I can't remember in my 40-year career if a baby this little one has ever survived, said Dr. Dennis Davidson, unit chief of Blythedale's Infant and Toddler unit. We found no children born in the United States that little ones that survived. But Connor is lively, much like Florio, who was also a premie two months early, weighing 2 pounds, 6 ounces. He would tear out his pipes, for example, and was engaged and stimulated in infants to improve social and developmental skills. Everyone kept saying if he wasn't so feisty he wouldn't have done it, Florio said. Jaimie Florio feels incredibly grateful to the nurses and doctors of the NICU. She believes that the care Connor received, especially from the nurses, helps him survive against all odds. Courtesy of Blythedale Children's HospitalMen Davidson said Florio and her husband, John's, dedication to Connor's care certainly helped the boy thrive and led to him going home on April 9, weighing a little less than 11 pounds and nine months after Connor's birth. We are really grateful that the parents played such an important role in his development, Davidson said. In a few weeks, Connor will no longer need oxygen, and he will be in labour and physiotherapy. He still struggles to eat, but it seems that when he is a small child he will be the same as his peers. Florio still can't believe how far Conner has come. After 9 months, baby Connor is finally at home with his parents. He is still addicted to oxygen and struggles to eat, but with therapy and time, he should be meeting the same milestones as his peers. Courtesy John and Jaimie Florio It was exciting to have him home for the first time, she said. Andresr/Shutterstock.com If you've ever been on a diet, then you know that shedding pounds is actually the easy part. The real challenge comes in maintaining your weight loss. Why it's so freaking hard: Experts say your body really conspire against you, making you feel hungrier and slowing down your metabolism in an attempt to return to the weight it's used to. That's why we're excited about new research that shows that eating a protein-rich diet can help keep the weight from coming back. Researchers in Sweden reviewed 20 previous studies on rebound weight gain and found that successful Dieters who consumed high protein diet habits were more likely to keep the weight off in the long term than those whose eating plans were not rich in protein. This makes sense, since previous studies have suggested that protein-packed foods such as lean meats, legumes, and low-fat dairy make you feel satiated and dampen cravings. Interestingly, working out had no clear effect on maintaining weight loss (at least in this study—others show that it may be one of the most important factors in weight loss maintenance). Also, protein wasn't the only potential magic bullet: Researchers also found that powdered meal replacements and anti-obesity drugs helped keep the flab off permanently, as well. But drugs have a major drawback: Anti-obesity drugs unfortunately carry a risk of side effects, so the most effective drugs were completely withdrawn a few years ago, the study authors write. And as for meal replacements? We don't know about you, but a chunky sandwiches or a plateful of salmon sound way more appealing to us than a mixture of powder and water—and way easier to eat on a regular basis. More from Women's Women's Best Sources of Protein37 Protein-Packed Recipes To Keep You Satisfied Pigs You Double Up on Protein To Lose Weight? 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