



7 HEALTHCAST

Visual fitness planner

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Ever wonder what you'd look like if you lost those extra pounds. Now there's a way to get a sneak peek at how you could look, with a healthy balance of diet and exercise. Here's 7's Frances Rivera.

"Instead of smoking, I started eating. So instead of one bad habit, I have another one," says Sabina Vrailovskaya.

39-year-old Sabina wanted to be more healthy, so she gave up cigarettes. But now she needs to get rid of those extra pounds she gained, so she went to Forever Fit in Watertown for help.

Using a computer program called the Visual Fitness Planner, Sabina will be able to see what the new her can look like with just the click of the mouse.

"So we can sit down and look start to finish at a client," says Forever Fit Fitness Director Jan Weizel.

To start, Jan enters Sabina's height, weight, and body fat to get a picture of what Sabina looks like right now.

Sabina wants to lose 40 pounds, so Jan enters that into the system. The system calculates the amount of time she may need to lose the weight, and with a good balance of diet and exercise she sees quite a difference.

"It's so exciting! I can't believe that I can be like that person in the computer," says Sabina. Jan adds, "This then makes them feel very motivated in a new way about exercise, they can see that they can affect change on their health."

The program also shows a person what their health risks are, based on family history and their current lifestyle.

Jan tells Sabina, "You are at moderate risk for diabetes. As you lose the weight your health risks drop."

Sabina says she plans to work hard to become the shapely version of herself the computer shows her she can be. "I'll try to do everything to be like her," she says.

Forever fit gives clients the before and after picture to take home with them, for a little extra motivation.

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