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Computer Program Motivates Dieters With Before And After Shots

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FORT WORTH, Texas -- Motivation is a critical factor in fitness, and for some North Texans, the motivation is a computer program that shows them their health risks and what they'd look like after weight loss.

The "Visual Fitness Planner" takes personal information, such as family history and body measurements, and gives clients like Rebecca Mott a glimpse at her possible future.

Mott's motivation was her appearance. What would the 162-pound woman look like after she dropped 30 pounds? The Visual Fitness Planner showed her.

"The six pack of abs, the thinner thighs," she said.

The image stays with the mother of three.

"I keep it in my purse with me or on the refrigerator," Mott said. "This is a big motivator -- just looking at that."

Mott is vowing to make the image on paper the image in the mirror by the end of the year.

The Visual Fitness Planner will be available for free assessments in September at a health fair at Hulen Mall in Fort Worth. **Hulen Mall Health Fair**

Sat., Sept. 10, 10 a.m. - 9 p.m.

Sun., Sept. 11, Noon - 6 p.m.

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