

FITNESS



TONYA M. JONES

A Success “Weighting” to happen

By: Tanya Wigfall (Twiggy B)

I had the pleasure of participating in a wonderful Health and Fitness Expo given by one of my coworkers this past summer her name is **Tonya M. Jones, M.E.d.**, and she has a great weight-loss story that I'd like to share with you, dear readers.

Tonya is a powerful motivational speaker, facilitator, and educator committed to delivering life changing messages and workshops. One of her goals is to empower people to make a paradigm shift and to make positive changes in their lives. Her company, Freedom Consulting, was established in 2004 to promote positive change in the lives of youth and adults. In 2006, Freedom's focus shifted in response to the American obesity epidemic.

TwiggyB: So, when did you decide you needed to lose weight?

Tonya: My weight loss journey began 10 years ago after my first year of graduate school. I was not happy with my weight and walked daily for an entire summer and the pounds dropped off quickly because of my youth.

TwiggyB: Wow, that's great. Girl, you don't look a day over 25!

Tonya: Thanks, but the pounds quickly returned and I was soon wearing a size 16.

TwiggyB: What did you decide to do?

Tonya: At that point, I was living in the Washington, DC area and hired a trainer who encouraged me to combine my daily workout routine with a nutrition plan, but I still only focused on exercise and of course was unsuccessful with losing weight.

TwiggyB: When did you realize nutrition was a key element in reaching your weight loss goal?

Tonya: On my third attempt, I struck gold. In December 2006, I was preparing to take a biking class at Lynne Brick's in Owings Mills and a gym buddy told me about Weight Watchers.

TwiggyB: Weight Watchers, huh?

Tonya: I immediately joined Weight Watchers and followed the Flex Plan which provided me with structure accountability, and the truth about healthy eating. I was finally inspired to remain committed to a weight loss program because of personal dissatisfaction with the scale.

TwiggyB: So, you finally started losing weight?

Tonya: Within one week of combining Weight Watchers and my workout routine at Brick Bodies, the pounds started coming off because I was finally combining exercise with healthy eating.

TwiggyB: So, how much weight have you lost?

Tonya: I have lost 50 pounds, many inches, and 13% body fat in 7 months by following a structured regimen which included daily prayer, Weight Watchers, teaching and taking cycling classes at Brick Bodies 5 days a week, boxing classes one day per week, and two days of strength training combined with interval training on the treadmill with my trainer.

TwiggyB: That sounds like a lot of weigh!. On average, it is recommended that a person lose 1-2 pounds per week. I'm sure my readers would love to know the key to your ultimate success.

Tonya: The ultimate key to my weight loss success is working out in the morning before work on an empty stomach. This helps to jump-start a process called fat mobilization.

TwiggyB: I'm gathering your trainer recommended you do that?

Tonya: Yes. Let me briefly explain the concept of fat mobilization. This process is basically the breaking down of fat in your body for future possible use. Worth noting is that this is merely the preparation for the use of fat as an energy source. The fat has not actually been used for energy at this point. Carbohydrates are our first energy source. While it is not recommended that persons exercise on an empty stomach, what this process does is forces the body to deplete the carbohydrates and begin the process of utilizing the fat stores. This is called fat oxidation. Now oxidation is the point at which the fatty acids that were mobilized are actually burned.

TwiggyB: Is there anything else you would like to add?

Tonya: I have developed a strong support system with friends and family who also embrace healthy living through nutrition and exercise.

TwiggyB: That is wonderful. Now that you have reached your weight loss goal, how are you maintaining the weight?

Tonya: After reaching my desired weight loss goal, I maintain my weight by following my previously mentioned daily routine which consists of daily prayer,

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larger vehicles used in your business. In order to take advantage of these exemptions, you must have accurate and complete records for your tax preparer.

There are other issues that may impact your tax liability, e.g. increased Maryland sales tax from 5% to 6%, modification of the personal exemption allowance, and adjustments to the safe harbor for calculation of underpayment of estimated taxes (remember, pay in regularly and liberally to avoid tax penalties and liabilities). Of course, changes to federal tax laws may also impact your tax liability. Now is the time to check with your financial planner or tax advisor to plan for next year. Advance planning is the key to reducing your tax liability. With these tips in mind, you may be able to minimize the effect of the ever-changing tax landscape. Remember, this is an election year. . .

Sue Lawless is a partner with McMillan Metro, P.C. and has been practicing law for nearly 14 years in a variety of settings including government and private practice. McMillan Metro represents employers and businesses in a full range of matters such as corporate formation, tax advice, and business planning services. Ms. Lawless specializes in complex commercial litigation involving businesses and their owners. She wishes to thank David Hotes for his contributions to this article. For more information about this topic send an email to slawless@mcmillanmetro.com or dhotes@mcmillanmetro.com. You can also contact them directly at 301-251-1180.

This article is not intended to provide legal or tax advice and is provided only for informational purposes. For specific questions and advice, consult an attorney or other professional who will provide recommendations based on your needs.



Tonya M. Jones, M.E.d
Before (top)
and After
(right).



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environment,” Eileen Boris, a professor and director of the Center for Research on Women and Social Justice at the University of California, Santa Barbara, states in the petition. “That’s not my idea of global feminism.”

Female anti-war activists see the war as a women’s issue not only because women serve as soldiers but also because it has diverted billions of federal dollars away from programs that aid the poor, most of whom are women. “

The war is a critical women’s issue,” Bravo said. “Solutions women desperately need in terms of health care, child care support and funds to fight violence have been stolen from us by this horrific war.”

Anti-war activists also praise Obama’s broader appeal and ability to energize the base. Obama outpolls Clinton in head-to-head match-ups against Arizona Sen. John McCain, the presumptive Republican nominee, indicating he has a better chance at winning the presidency in November. “Anything that weakens the big boys helps us all,” Bravo said.

But National Organization for Women President Kim Gandy notes that Obama and Clinton have “virtually identical” records on Senate votes relating to Iraq, with both having voted to continue funding for the war.

Obama’s initial opposition to the war does not justify missing an opportunity to elevate to the nation’s highest office a woman who has demonstrated a commitment to issues of concern to women throughout her career, Gandy said.

Studies show that women’s presence in office leads to more women-friendly policies, according to the Washington-based Institute for Women’s Policy Research. Women of both parties introduce more legislation targeted at helping women and work harder and across party lines to enact those bills.

Female Leaders Pushed Bills That was evident in the congressional cycle following the 1992 Year of the Woman, when women nearly doubled their representation in the House and Senate.

That cycle saw two landmark laws--championed by female legislators--allowing workers to take up to three months of unpaid leave to care for children and relatives and providing new funds for combating domestic violence.

Meanwhile, female officeholders--especially heads of state--serve as role models for other women, which helps them achieve political parity at all levels of government, said Marie Wilson, president of the White House Project, a nonpartisan, nonprofit group in New York dedicated to electing a woman to the White House.

“Gender does matter,” Wilson said. “Women open the door to a different kind of government.”

Last March, Clinton picked up the women’s policy mantle by making a heavy push for wage parity in her campaign, an issue that did not get attention from her male rivals until later in the year.

That followed a career in the Senate in which she distinguished herself from male colleagues--including Obama--on issues of concern to women, asserted nine women’s rights leaders in a joint letter issued earlier this month backing her.

During her tenure, Clinton spoke out against the nominations of Supreme Court Justices Samuel Alito and John Roberts, forced the Bush administration to make emergency contraception available without a prescription and fought to increase funding for contraception and family planning services.

In their joint letter, Gandy, Feldt, Gloria Steinem, Feminist Majority Foundation President Ellie Smeal and others declare: “Every time we needed her by our side, she has been there.”

JHPEIGO Honors Women Around The World

INTERNATIONAL WOMEN’S DAY, MARCH 8, 2008

Statement from Jhpiego President & CEO Dr. Leslie Mancuso

Baltimore, Maryland (25 February 2008) – Women’s lives matter. Every year at this time, we celebrate the accomplishments of women around the world. While there have been many great advancements, we can not lose sight of the struggles of millions of women who lack access to basic health care. Globally, hundreds of thousands of women die every year as the result of giving birth as well as various preventable diseases such as cervical cancer, malaria, and HIV/AIDS. We know- healthy mothers build healthy families and foster stable communities.

As an international health affiliate of The Johns Hopkins University, Jhpiego works in 50 developing countries to prevent and treat the conditions causing the vast majority of maternal deaths. While the HIV/AIDS pandemic rages on across Africa and Asia, diseases receiving less attention, such as malaria and cervical cancer, are killing women in staggering numbers. Consider these statistics from the World Health Organization:

- Every minute at least one woman dies from complications related to pregnancy or childbirth – that means 529,000 women die each year.
- For every woman who dies in childbirth, around 20 more suffer injury, infection or disease – approximately 10 million women each year.
- An estimated 1,000,000 children are left motherless each year. These children are 10 times more likely to die within two years of their mothers’ death.
- Every two minutes at least one woman dies from cervical cancer – this translates into 500,000 new cases and 275,000 deaths due to cervical cancer each year, 85% of which occur in developing countries.
- Two hundred thousand infants and 10,000 mothers die as a result of malaria infection each year.

It takes innovative approaches to save these women’s lives. The United States Agency for International Development (USAID) has made major strides in addressing these issues through its ACCESS program (a Jhpiego administered global program to improve maternal and newborn health). Important collaborations with our colleagues and experts in these countries have made a difference. But it will also take the resources of global corporations and foundations to join us in addressing these most tragic of issues. As our world economy becomes ever more interrelated, the economic interests of multinational corporations in low resource settings become even more important.

In my travels on behalf of Jhpiego, I have been privileged to visit with women in the most vulnerable regions of countries such as Afghanistan, Indonesia, Burkina Faso, Ghana, Zambia, Mozambique, Tanzania, Philippines and many others. I am inspired by their determination to overcome seemingly insurmountable odds and provide bright futures for their families. It is my hope that on this International Women’s Day those of us who are the most fortunate find ways to save these women. Our global future depends on it.

Dr. Leslie Mancuso is available to discuss global women’s health and Jhpiego’s programs.

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Weight Watchers, teaching and taking cycling classes 5 days per week, but not necessarily in the morning.

TwiggyB: Do you still work with your trainer?

Tonya: I still work with my trainer on strength training and interval training on the treadmill twice a week. My focus has now shifted to body sculpting and inspiring others to reach their weight loss goals.

TwiggyB: Wow, sounds like you’ve got it together. Thank you for sharing your story.

There are many factors that go into successful weight loss. **Tonya’s** story is just one of many. What worked

for her may or may not work for you. Ultimately, adopting healthy eating habits and a regular exercise routine will help but you have to make it a part of your life. Consistency and moderation are also key factors in losing weight and maintaining weight loss.

Yours in Health and Fitness

TwiggyB

TWIGGY B FITNESS

“Making Fitness a Way of Life”

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