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## “DietTribe” episode 1: Lifestyle changes put to the test

*Editor's note: “[DietTribe](#)” is a new diet show on Lifetime TV. It airs on Mondays at 10 p.m. Eastern and Fridays at 11 a.m. Eastern. The show follows five friends for 90 days as they try to lose weight with the help of a personal trainer and a psychotherapist.*

Best friends Anna, Megan, Lydia, Shawna and Morgan enjoyed dinner at a restaurant as they discussed how difficult it was going to be to lose their weight. After dinner, they faced the scale for their first weigh-in, but before they weighed in, they met their personal trainer, Jessie. Jessie let them know he was going to be there for them, but he said it would be up to them to show up for training.

### Facing the numbers

Soon after Jessie's introduction, the weigh-in began.

- Lydia weighted in at 210 pounds. Jessie set her goal weight at 180 pounds.
- Shawna weighed in at 232 pounds. Jessie set her goal weight at 202 pounds.
- Anna weighed in at 228 pounds. Jessie set her goal weight at 198 pounds.
- Megan weighed in at 218 pounds. Jessie set her goal weight at 188 pounds.
- Morgan weighed in at 292 pounds. Jessie set her goal weight at 262 pounds.

Moments after each of the ladies weighed in, Jessie introduced them to the therapist, Stacy. They admitted to having a problem saying their weight, so Stacy had each of them say their weights aloud, which they did, but they broke into tears soon after.

## Finding their fitness



Later, Jessie met Anna, Megan, Lydia, Shawna and Morgan at a track to explain their first fitness test to them. He told them he was going to have them run around the track for one lap, which would equal a quarter of a mile. They all seemed willing to participate, but Megan was a bit worried that the run might aggravate her asthma.

Jessie blew the whistle and they were off. He shouted words of encouragement to the ladies as they each gave it their all. As expected, Megan began wheezing halfway around the track, but she didn't give up and finished with her friends.

## Meal plans and workouts



Immediately after the run, Jessie handed each of them a meal plan and gave a few tips to go along with the plans: Don't eat after 10 p.m. and try to eat three hours before bedtime. Their meal plans consisted of 1,500 calories daily, with 50 percent protein, 30 percent carbohydrates and 20 percent fat by calories.

Next, the ladies headed to the gym for their first workout, but Morgan was absent, so Jessie called to see where she was. She told Jessie she was going to her grandmother's birthday party and promised him she'd workout later.

While the girls usually enjoyed dinner out, on day five of their diet, they had a picnic-style dinner at home. As they ate a healthy meal, they discussed how much they missed the foods they were used to eating. Despite craving their favorite foods, they praised themselves for eating healthy and having enough self-control not to overeat.

At group therapy with Stacy, the ladies expressed their feelings about the diet. Stacy started the session off by letting the girls know that she use to be overweight as well. The discussion started off calm and everyone remained calm as they shared their feelings.

During the final workout session with Shawna and Megan, Jessie spent most of the session listening to them complain. Eventually, Jessie got tired of hearing Shawna and Megan complain, so he told them he felt their energy level wasn't 100 percent. Shawna became defensive and went ballistic on Jessie. Jessie kept his cool through the whole situation and told Shawna he just wanted her to give 100 percent, and then she could take a break if she wanted.

## Weighing in again



Twenty days later the girls met with Jessie to see how much weight they had lost. Anna weighed in first.

- Anna lost nine pounds.
- Lydia lost seven pounds.
- Shawna lost seven pounds.
- Megan lost five pounds.
- Morgan lost 11 pounds.

Happy with their weight loss, the girls headed off with Jessie for some more fat-burning fun.

(By Misti Sandefur for CalorieLab Calorie Counter News)

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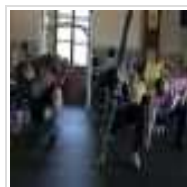
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This entry was posted on Tuesday, January 6th, 2009 and is filed under [Diet TV this week](#), [DietTribe](#). You can skip to the end and leave a response. Pinging is currently not allowed. [Permalink](#)

## One Response to ““DietTribe” episode 1: Lifestyle changes put to the test”

1. *Wendy* says:  
[January 6, 2009 at 1:45 pm](#)

Congratulations!! You’re off to a great start. Having lost 65 pounds on my own, I know it’s not easy, but you CAN do it!! Good luck!

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