



Historia

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ONE DAY IN MARCH

I am a single mother for about 3 years, but exactly a year ago, my physical and mental situation was not very good. I was feeling a little insecure about myself, and that was causing some problems in my life. One day, while I was looking at social media, I came across a post about a relative who had lost weight. He went to a nutritionist and started eating healthy for a few months, and he also exercised during this time. That is when I realized that what I had been doing with my life up until that point had not been healthy for my body. So I picked up the phone and texted that same nutritionist to schedule an appointment. On the day of the appointment, as I was walking toward his office, I thought I might not be able to follow through with my plan (losing weight). Finally, I arrived, greeted him, and we chatted for a few minutes about the process, when I got on the scale and I was scared, I was shocked because I had no idea how bad my body was. The nutritionist explained that I needed to be patient, because if I focused on what I wanted, I could achieve the results I expected. From that day on, I changed the way I cooked and ate, and I started going to the gym. As the days went by, the changes in me became apparent. I lost 11 kg in three months. I felt great; I transformed into a different woman, without a doubt. But what was happening parallel to this process was what truly changed my life significantly. The nutritionist who had been with me throughout the process told me one day that he was interested in me, but no longer as a patient; he found me pleasant and attractive. I should clarify that he never flirted with me during the appointments I attended.

He asked me out, I accepted, we talked for several hours, we went out a few times, I liked his personality and the way he treated me. I continued with my diet, we went to the gym together, I fell in love with him, and he with me. I have been analyzing many times that life can change at any moment. I fully enjoyed this whole process, and on March 24th of this year, 2025, I will be celebrating one year of changing my eating habits and meeting him.