



***Those Who Inspire ...***  
**JOYCE BIRD SCOTT**

You might know Joyce Scott as the warm and welcoming face of the Salvation Army in Wellington. A native of Hertfordshire, England, Joyce has worked at the venerable organization for 23 years as its Human Service Worker.

Joyce's husband David Scott passed away on December 10, 2014. Grieving deeply, she spent a lot of time lying around lamenting her fate and waiting to follow him.

Joyce was also obese. She never considered losing weight as a possibility of improving her life.

“I gained weight over the years and everything gets bigger – your arms, feet, even your bottom. It was embarrassing because when you're overweight you don't just brush past someone, you actually bump into them!” Joyce says.

Joyce decided to visit her husband's daughter in Florida, and that's when a ray of hope entered her life.

Her step-daughter invited her to join in a weight-loss program outlined in the book, “The Lord’s Table: A Biblical Approach to Weight Loss,” written by Mike Cleveland, founder of the website [www.settingcaptivesfree.com](http://www.settingcaptivesfree.com), which is dedicated to people with addictions. The 60-day program involves two days of eating half-meals, two days of normal meals, two days of juicing and one day of fasting.

Joyce figured that she could start the plan two months before Thanksgiving -- with the delicious pay-off of goodies that Thanksgiving brings. She was wrong about the splurging, because exactly one year later, in September 2016, Joyce stuck to the regimen and now has lost 65 pounds.

“I knew that I would not attempt to fast because I had a food dependency, I was addicted to food,” Joyce says, adding that she was used to eating three square meals a day and then some. She modified the plan to include three days of eating half-meals instead of two.

### **EXERCISE IS ESSENTIAL**

Joyce credits Inner Circle Personal Fitness of Wellington and its instructors for helping her stay on track with an exercise regime. “The gym has helpful, friendly staff who give people a sense of belonging, like a club. It’s easy to make new friends there because we all share a common mission. We encourage each other and people keep coming back.”

Under the gentle guidance of her trainer, Deb Lansman, who is also English, Joyce goes to Inner Circle three days a week, doing 45 minutes of cardio exercise, then working on exercise machines. After staying with it, “exercise becomes a feel-good thing” and is its own reward, according to Joyce.

### **NUTRITIOUS FOODS**

Growing up in England where her family had their own garden and raised chickens, Joyce was exposed to natural, nutritious foods. When she moved to the States and had her own children, however, she found herself caving into convenience foods that were chock full of preservatives.

Instead of red meat, Joyce now prefers eating fish and salmon, and she makes her own soups and cans tomatoes from her own garden.

“I discovered there is so much to learn about food and nutrition and it’s quite wonderful!” exclaims Joyce. She refers to the amazing discovery of kohlrabi fritters that she sampled at a Wellington Farmers’ Market cooking demonstration. A cousin of cabbage, kohlrabi is loaded with vitamin C.

### **JOYCE’S TIPS**

Preparing salads can be time-consuming, so Joyce cuts up vegetables ahead of time and stores them in reusable containers in the fridge. They make great snacks, too. She also stocks up on nuts from local Amish stores and makes her own granola.

“I really got hooked on the concept of half-meals,” she says, “and I’ve adapted to smaller portions. Now, when there’s a smorgasbord at church, I take only a tablespoon to taste things, nothing more.”

“God may have taken away my addiction to food, but not my love of food,” Joyce adds with a smile.

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