

How I Lost 30 Pounds at 60 Without Crazy Diets

A Beginner-Friendly Guide to Walking, Intermittent Fasting & Lowering Cholesterol Naturally

This is my personal story — told with honesty, humility, and hope. If you're in your 50s, 60s, or beyond and you're looking for a safe, sustainable way to lose weight, lower your cholesterol, and feel better in your own skin, you're in the right place. No extreme diets. No punishing workouts. Just two simple habits that changed everything for me.

⚠ Legal Disclaimer: This booklet is based on my personal experience and is for informational purposes only. I am not a doctor or medical professional. Always consult your healthcare provider before starting any new diet, fasting protocol, or exercise routine, especially if you have medical conditions, high cholesterol, or take medications. Results vary from person to person.

My Story: From 164 lbs to 134 lbs

At 60 years old, I weighed **164 pounds**. I was tired all the time. I felt depressed. My energy was low. And deep down, I knew something had to change. I was also very nervous — I hadn't been to the doctor in over 30 years. The thought of getting blood work done honestly scared me. But I finally made the appointment.

When the results came back, my **LDL was quite high** and my **HDL was a bit low**. That was my wake-up call. I decided right then that I wasn't going to crash diet, starve myself, or do anything extreme. I chose two simple things: **Walking** and **Intermittent Fasting**.

Where I Started

164 lbs

Tired, depressed, and avoiding the doctor for 30+ years. High LDL, low HDL. Something had to change.

Where I Ended Up

134 lbs

Lost 30 pounds through walking and fasting. LDL dropped dramatically. HDL went up. My nurse practitioner was ecstatic — and I was in tears.

Three months after my first blood work, I went back to get tested again. My nurse practitioner was ecstatic. She could not believe the weight I had dropped. My LDL had dramatically decreased, and my HDL had gone up significantly. She was so happy for me — and I was in tears. It was one of the most empowering moments of my life. If I could do this at 60, you can too.

Chapter 2: My 8-Week Walking Plan

I did not start with 3 miles. I started small — very small. The goal was never speed or distance. The goal was to **show up every day** and build a habit that would stick. Here's exactly how I did it, week by week:

Week	Distance	Focus
Week 1	¼ mile	Just start
Week 2	½ mile	Build rhythm
Week 3	¾ mile	Stay consistent
Week 4	1 mile	First milestone
Week 5	1 mile	Hold steady
Week 6	1¼ miles	Keep going
Week 7	1½ miles	Feeling stronger
Week 8	2 miles	You've got this

After Week 8, you can build from there if you want to. I have walked 3 miles several times, but I did not find it necessary to overdo it. If building distance on this schedule feels too fast, slow it down. Do not push too hard. **Consistency is more important than speed**. Try to walk every day you can. I prefer walking in the mornings while I'm still fasting — you tend to burn more calories that way, and it sets the tone for the whole day.

📌 The key is simple: Just keep showing up. You don't need to walk fast. You don't need fancy gear. You just need to put one foot in front of the other, day after day.

Chapter 3: My Intermittent Fasting Routine

I jumped right in. For the first two weeks, I followed a **20/4 fasting schedule** — fasting from **7:00 PM until 3:00 PM the next day**, with an eating window from **3:00 PM to 7:00 PM**. I cut **all sugar out**. During my eating window, I ate anything I wanted — except sugar. I did not follow a specific diet beyond that.

Why Fasting?

You want to get into **autophagy** — your body's cellular cleanup process. It typically begins to increase after 16–24 hours of fasting. This is one reason longer fasting windows can be so helpful for weight loss and overall health.

Find Your Window

You can choose the eating hours that work for your schedule. Some people prefer **18/6** instead of 20/4. The key is consistency — find a window you can stick with long-term.

No Sugar Rule

During my eating window, I ate anything I wanted — **except sugar**. Cutting out processed sugar was one of the most impactful changes I made. It's simple, but it works.

Weeks 3 & 4: Reintroducing Fruit

Starting in Week 3, I introduced fruit back into my diet. Now I was eating **natural sugars from fruit** instead of processed sugar. This was a game-changer — I could satisfy my sweet cravings without the blood sugar spikes and crashes that come from refined sugar. The fiber in fruit also helped me feel fuller longer, which made sticking to my eating window easier.

I mainly ate berries. They're low in sugar compared to other fruits, packed with antioxidants, and incredibly good for heart health. Here's what I reached for most often:

Blueberries

Low in sugar, high in antioxidants. Great for brain and heart health.

Strawberries

Sweet, satisfying, and loaded with vitamin C and fiber.

Raspberries

One of the highest-fiber fruits you can eat. Very filling.

Blackberries

Rich in antioxidants and anti-inflammatory compounds.

I like buying **frozen mixed berries** — they're affordable, always available, and just as nutritious as fresh. I'll be honest — I couldn't handle the tartness at first! I used to put Cool Whip on top, but I later realized that wasn't the best choice. I switched to a healthier yogurt option instead. I started using **Oikos Triple Zero Vanilla** — it's high in protein, has no added sugar, and makes the berries taste like a real treat.

Small improvements matter. You don't have to be perfect from day one. Every better choice you make is a win — and those wins add up faster than you think.

Week 5: Creating a Calorie Deficit

By Week 5, I had already started dropping pounds and was down to **150 lbs**. This is when I added a calorie deficit to accelerate my progress. Up until this point, I had been relying on walking and fasting alone — and they were working. But I wanted to be more intentional about my food intake and make sure I was giving my body exactly what it needed — no more, no less.

How to Find Your Maintenance Calories

First, I figured out how many calories I needed to **maintain my current weight**. You can use the calorie calculator from the Mayo Clinic website to determine your maintenance calories. It takes into account your age, height, weight, and activity level.

[Mayo Clinic Calorie Calculator →](#)

Once you know your maintenance number, you can decide how much to cut. I suggest starting by cutting **at least 500 calories per day** to begin losing weight at a steady, sustainable pace. That typically translates to about one pound of weight loss per week.

The important thing to remember is that a calorie deficit doesn't mean starving yourself. It means being **mindful** about what you eat. I didn't start counting every single calorie obsessively — I just became more aware of portion sizes, chose whole foods over processed ones, and made sure I was getting enough protein and fiber to stay satisfied.



Calculate Your Baseline

Use the Mayo Clinic calculator to find your maintenance calories. This is your starting point — the number of calories your body needs to stay at its current weight.



Cut 500 Calories Per Day

Subtract 500 calories from your maintenance number. This creates a deficit that leads to about 1 lb of weight loss per week — safe and sustainable.



Choose Whole Foods

Focus on vegetables, lean proteins, whole grains, and healthy fats. These foods are naturally lower in calories and keep you full longer than processed options.

My Week 5 Milestone

Down to 150 lbs

At this point, walking and fasting had already done the heavy lifting. Adding a calorie deficit helped me fine-tune my progress and keep momentum going strong.

Key rule: Cut at least 500 calories per day from your maintenance number for steady, sustainable weight loss.

Week 6 & Beyond: Reaching My Goal

By Week 6, I was down to **145 lbs**. I continued my walking and fasting structure until I reached **134 lbs** — a full 30-pound loss. At that point, I felt good. I didn't feel that I needed to lose any more weight. I had found my healthy weight, and I felt proud of every pound I had lost.

How I Maintain My Weight Now

→ Continue Walking Daily

I still walk every morning. It's become a non-negotiable part of my routine — not just for weight, but for my mental health and overall well-being.

→ Stay Consistent with Fasting

Intermittent fasting is now just a part of my lifestyle. I don't stress about it — I just naturally eat within my window most days.

→ Watch Calorie Intake

I'm more mindful of portions now. I don't count every calorie, but I pay attention to how much I'm eating and how it makes me feel.

→ Keep Sugar Low

Processed sugar is still mostly off my plate. I satisfy sweet cravings with fruit, especially berries. It's a habit I never want to lose.

Chapter 4: Maintaining Without Being Perfect

I am not perfect. Sometimes on weekends, we go out to eat. Sometimes I break my fast earlier than usual. But I don't let **one day turn into one week**. I just get back on track. That's the difference. **Consistency beats perfection** — every single time.

Chapter 5: What I Learned

1 You don't need extreme diets.

Simple, sustainable habits work better than any crash diet. Walking and fasting were all I needed.

2 You don't need to kill yourself at the gym.

I never stepped foot in a gym. Walking — starting with just a quarter mile — was enough to transform my body.

3 You do need consistency.

Showing up every day, even imperfectly, is what creates real, lasting change over time.

4 Small changes add up.

Switching from Cool Whip to Greek yogurt. Cutting out sugar. Walking a little farther each week. These small choices compound into big results.

5 It's never too late — even at 60.

I started at 164 lbs, feeling depressed and tired, afraid to go to the doctor. Now I weigh 134 lbs, my cholesterol improved dramatically, and I feel lighter, stronger, and more confident than I have in years.

If I can do this, you can too. Start small. Stay consistent. Be kind to yourself. And trust the process — because it works.