

Jen

-Cos Cob, Connecticut



I was heavy, chubby, voluptuous, overweight, obese (fill your adjective of choice in here) my entire life. I could say I tried "everything" but it isn't really true. I tried the typical plans, weight watchers included several times. I didn't do packaged food (never could really swallow the cost of it). I tried all natural pills, powders, and vitamins. I never binged, starved, or took laxatives. But I didn't always go about it the healthiest ways.

Then in February of 2005 my Grandmother the matriarch of our enormous (in many ways) family developed terminal cancer and was dying. Two days before she died her last words to me were, "I love you --lose weight." About a week after she died, I joined weight watchers for the last time. I had a LOT of weight to lose and really no plan at all about how I was going to do it. I knew I needed to be motivated. I knew I needed to have a support group, a plan, and the desire to follow through. I wasn't convinced I had any of those requirements though. But, blindly, I began.

At the time I was teaching and my students became one of my motivating factors. My regular meeting was Saturday with Steve and each Monday morning I would come in and they would ask how I did. They started charting my weight loss on the board. There was no possible way to gain when 65 adolescents are charting your progress each week. It would be a let down to them and myself so I plugged along.

At this point I would be remiss not to acknowledge my other motivator. I formed an incredible relationship with my other driving force, my best friend. He kept me going, encouraged me along the way, found new and exciting places for us to visit gave me motivation and love each day. Without his efforts to support me I don't know if I would have had it in me to continue. He was so proud and I could see it in his eyes. If I slipped back and let him down I may have never gotten up again. In the same respect when I lost almost all of my weight and began to become obsessive about it, he was right there to wake me up and straighten me out. It was a tough time for me. I didn't think I lost enough and was passing out from trying to lose. I stopped being healthy and while I was getting in all of my points I was working out to excess and not fueling my body well. He woke me up and got me to a point where I am now happy with the way I look.





So here I am. I've lost 127 lbs and now have kept it off for over a year. As a leader, Steve was my motivation too. He was the most patient, thoughtful, inspiring leader I've had. He focused on nutrition and exercise --not how many points in a glass of wine. He understood what you needed to have to make the program work for you in a healthy way. If you attend his meetings consider yourself lucky. Not everyone has the same support at their meetings.

Good luck on your weight loss efforts. It is not easy, but it is the most rewarding experience I have ever had.

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starting weight 288.8 lbs

current weight 161.4 lbs