

## Changing our Weighs-A Work in Progress

Hi, I'm Linda Jones and I am a success story but I'm also a work in progress. This is a life long journey that I have undertaken and this time I'm going to make it thanks to Weight Watchers, my WW leader Steve Parzuchowski, my husband, and my WW friends.

### How did this come about?

On November 7th, 2006 I announced to my husband that the party was over. We were going to start WW now. This was not the first time I've done WW, but it was the first time that I decided that the time was now (before the holidays). It was not going to be one of those New Year's resolutions that usually got lost by February. This sudden realization that I was out of control with my eating happened at an athletic fundraiser party that we had attended the previous month. Here we were with all these thin athletes and boy did I feel huge. I was not very social, I didn't want to dance, but I still stuffed myself on all the yummy appetizers. On the way home I had to loosen my belt! The second incident that sent me over the top was when I was bending over trying to tie my sneakers (I think I was grunting) and my friend said to me "That's why they make velcro on sneakers." I knew I had to do something. I was feeling lousy and none of my clothes fit! I was making huge dinners and desserts. THIS HAD TO STOP!! I needed to watch my food intake and get my body moving.

I knew that WW was the way. I've done this before and have always met my goal. It was the maintenance that I never could do.

### How did I do it?

I called the WW toll free number and found a meeting in Bristol. From the minute I walked in I knew it was the right move. I could hear people talking and laughing. (Can you imagine people laughing at a WW meeting?) I weighed in and boy o' boy was I surprised! The scale said 203.4 lbs. No way! I couldn't weigh that much! This was a rude awakening. I knew I had gained weight but I had really done it this time. I sat down and listened to Steve. Was he talking to me? It certainly seemed like it. I stayed for the meeting afterward and got all the information. I also committed myself to get to the gym or walk outside with my dog. I was ready to do it again!! The first week I lost 7.6 lbs. I exercised and bought three WW cookbooks. Now instead of making calorie laden meals I was planning and shopping for new menus. They were actually delicious. I was on track. I was working hard and I was beginning to feel better. On week 25 I had reached my goal! I had lost approximately 2 lbs. a week and now here I was on May 8th, 2007 a slim 150.4 lbs. The best news of all was that my doctor had also taken me off my cholesterol medicine because I had lower it substantially. I was feeling great! But now the real test was in front of me. Now I had to maintain this weight.

### Maintenance-The hard part

The key to maintaining is using the daily journal. I've strayed away from it time to time and when I do I lose control. After you lose the weight you think you don't have to do the things you were doing before. I got a little bold. Well, bold doesn't fly. These habits that I've developed over the last 25 weeks need to be continued. That's what happened all those other times I did WW.

I still go the meetings on Tuesday morning. I have developed many friendships with people who are on the same mission as myself. It was comforting to go to the meeting on January 8th, 2008 and hear the other people talk about the same struggles they had over the holidays as I had had. (I was two pounds above my goal) I am not bashful to

speaking during the meetings. I hope someone can feel a connection to what I have to say because I feel many connections when I listen to others.

I work out almost every day and if I don't I take my dog for a walk. Exercise is key. You need to do something. Plus I know that those extra points I'm working off through exercise can be added to my daily points.

I donated all my larger size clothes to charity. I cannot go back to my old size because I'll be walking around naked. I do not wear elastic band pants. (Only when I'm working out) It feels great to fit into jeans and not having that doughnut around my middle hanging over it.

My cookbooks of choice are WW cookbooks. Usually whatever I make is great and it seems that there is always a leftover for the next day. I have incorporated many WW learning's into other recipes and have written down the points value so the next time I make the recipe it is right there.

And lastly, but most important is Steve, our fearless leader. He is always positive. He makes you think about yourself and how you can achieve your goal. His suggestions and ideas are timely. I especially like how he ends our meetings with a quote or saying. He cares about all of us and does whatever he can to keep us going.

I will maintain my weight this time. I have worked hard for the last 14 months. I know what to do and have the tools to do it. This is the best I have felt in a long time. With tracking, meetings, support from others, and my determination I will be a success story for Weight Watchers!

Here I am with Mickey in July 2006. I do not have many pictures of myself before WW. I always took the pictures.



On the beach in Antigua in November of 2007. Thanks to WW I would never have had the nerve to pose for this beautiful remembrance.