

Weight Watchers at LMC Success Stories

Ann has lost over 20 pounds with the Weight Watchers program over the last 4 months. She was motivated to start this program after seeing the success of people who had previously enrolled in the program. Ann said, “I knew I needed to lose some weight and this looked like something I would like.” She and a friend joined together, supporting each other throughout the process. Here is what Ann has to say about her experience and advice for others just getting started.

- What changes have you made that you think have been most beneficial?
 - The biggest changes that I have made is I have cut my portions, especially my proteins, i.e., chicken, fish, etc. I eat a lot more fruits now and have cut out a lot of white potatoes and bread.
- What tips/advice would you share with others who are just getting started?
 - If you can, get a friend to join with you for support and accountability. Set small goals. Try and add some type of exercise, especially if you are not doing any type of exercise at the moment. I try and do something almost every day, even if it is just a 20-30 minute walk.

Al began attending Weight Watchers at LMC about 9 months ago. He has since lost 52 pounds and achieved Lifetime membership status. When asked what motivated him to join Weight Watchers, he said, “After seeing my PATH lab values elevate over the past few years and having to start taking blood pressure meds, I decided it was time to regain control of my eating habits.” Al says this has been a gradual process and he is confident that he will be able to maintain his weight loss because “the focus is on changing life style/eating habits and not just a ‘diet plan to lose weight’.” Here are a few additional things that Al shares about his experience.

- What do you like most about the Weight Watchers program?
 - No pressure, not having to purchase extra “stuff” or “their” foods
 - Setting small goals, encouragement and understanding
 - Weight Watchers allows you to live in the real world and doesn’t foster unrealistic diet plans.
 - Focusing on eating habits that come about in a gradual manner.
- What tips/advice would you share with others who are just getting started?
 - Be realistic, don’t expect or try for weight to jump of in big numbers – gradual weight loss and steady progress is best for success.
 - Track points. This is so important because staying on track and being on top of the numbers makes it is easy to plan and select foods that fall within your allowance.
 - Be sure to eat protein and lots of fresh vegetables and fruits.

Pam has been attending Weight Watchers at LMC for one year. She has now lost over 52 pounds. Here's what Pam shares with us about her journey.

- What motivated you to start this program?
 - Health reasons and I knew that I needed to get the extra weight off. Having it offered here at work made it easier to do, too.
- What changes have you made that you think have been most beneficial?
 - I have learned portion control, making healthier choices and have started walking/running at least 4-6 times a week.
- What do you like most about the Weight Watchers program?
 - The plan is easy to follow; you are eating normal foods and the weight loss rate is a slow, healthy loss. Information given out at meetings is very helpful.
- What tips/advice would you share with others who are just getting started?
 - Track your points daily and eat all your assigned daily points.
 - Start some type of exercise program, even if it is just walking down the street and back to begin with.
 - If you mess up, don't beat yourself up about it. Move forward and get back on track immediately.
 - Don't deprive yourself of a "true" craving, just use portion control.
 - Make sure you have some type of accountability.
 - Use your points responsibly. (I am always asking myself if something is worth using those points on. Most of the time it is really not worth it to me!)
 - Stick with it; it's worth it in the long run.

Val began a major lifestyle change in April 2012 when she joined the Weight Watchers program here at LMC. She decided to find a way to lose weight that she could actually stick with. Val says, "I did not want to buy any special foods or drink any shakes as part of my weight loss plan. When the Weight Watchers program was offered at LMC, I jumped at the chance to join." Val has since lost over 50 pounds and is now a Lifetime member of Weight Watchers.

- What changes have you made that you think have been most beneficial?
 - The first week that I started was a challenge because I had to learn to eat and drink in a new way. I added more fruits and veggies, which most of them are 0 points, stopped drinking sugary drinks and stopped eating fried foods. This has become a way of life for me. I now added fried foods occasionally, as well as things like cakes and cookies. However, I will exercise more or cut back elsewhere to maintain my weight.
 - Weight Watchers teaches that you can have food that you enjoy, you just have to be sensible. Weight Watchers also teaches you that exercise is an important part of weight loss.
- What tips/advice would you share with others who are just getting started?
 - When you begin the program do not get discouraged if the weight doesn't seem to fall off; the program does work. Make sure you count your points, exercise, and if you have a bad day, there's always tomorrow.