

Easier than I had imagined

"After many years of being frustrated and fed up with my weight, as well as with the direction my life and health were going because of it, I made up my mind that I was going to lose the weight and that there was no going back."

- Lisa L.

"The revelation was back in the summer of 2004, and I was at my highest weight ever, 238 pounds. Making the decision to take control of my weight was only the beginning, because then came the tough part -- actually doing it.

"I knew that if I was going to lose the weight and keep it off, it would take a lot of hard work on my part, but that didn't mean I couldn't ask for help. And the help I so desperately needed I found at Weight Management Medical Center. Dr. Pierson, and the staff at WMMC, provided me with the information, support, encouragement, and accountability to make the changes in my life necessary to successfully lose the weight and maintain that loss. The thing that surprised me the most about my weight loss journey at WMMC was that it turned out to be easier than I had imagined. Now, that's not to say that I didn't have to do my part or work at it, but I had built it up in my mind to be a bigger obstacle and challenge than what it was in reality.

"The significant weight loss I achieved is a direct result of WMMC's weight loss program and has positively affected almost every aspect of my life. At my current weight of 160 pounds, not only am I in better health, but I feel better both physically and mentally. I am more comfortable in my own skin. All of that adds up to me being a better friend, employee, and a generally happier person. I have taken on challenges that I couldn't have dreamed of before, such as the 2006 Breast Cancer 3-Day Walk for a total of 60 miles! I shudder to think where my life, and my weight would be right now had I not found Weight Management Medical Center. With them as my guide and my personal determination to change my body my entire life is better!"

- Lisa L.

Taylor

Monday, October 5, we recognized Taylor's 100% attendance from March 30, 2009 to date...that's 28 of 28 weeks! Taylor's commitment to change her lifestyle resulted in losing more than 90#. It's been a privilege for us to be a part of her journey! Taylor continues in maintenance with weekly class attendance; she understands the importance of meeting the maintenance minimum Rx -14 MRs and 35 F/V as well as burning a minimum of 2000 Cal/week in PA. Currently she is "creating" her maintenance box as a tool to support her healthy food decisions.

Taylor's message "attendance is so important. Being in class every week helped me with accountability. I've met so many nice people and we help each other with ideas and encouragement. I want to keep my weight off and know that being in maintenance class every week is absolutely necessary. The support I get will be important and a motivator to continue practicing everything I've learned."

In the day to day operations, Dr. P and Dr. D get to be a part of individual victories. Taylor, we applaud your focus for change and willingness to "stretch" your comfort zone for new, healthy behaviors. Thank you for trusting us with your health and weight loss. Everyone starts their journey by losing their first pound... Taylor would remind you that a personal commitment to attendance is a key to overall weight loss success.

Craig

I began my weight loss journey in August of 2008 at 296.4 lbs., and although for someone like me, who's weight will continue to be one of my biggest concerns in life; I went into maintenance in October of 2009 at 185.5 lbs! I lost a total of 111 lbs. in 14 months, and have maintained that weight since then, and even lost another couple of pounds over the past few months without even trying, by making good choices and continuing to exercise.

Over the years, I tried other diets, lost weight, then gained it back plus some. The missing components of losing it in a healthy manner and keeping it off were, learning how to make good choices, which I learned how to do from the truly caring staff of Weight Management Medical Center, the accountability of checking in weekly to chart my progress, and the support provided by the staff as well as the other people who were on the same journey that I was.

Losing my weight was never an easy task, however I feel that one of the biggest reasons for my success was simply the people that I chose to help me. The programs that Weight Management Medical Center offers are easy to follow and well supported by the staff, which makes a not so easy task just that much easier.

I couldn't be happier with the way I feel or the way I look. Walking is no longer laborious, I'm not always out of breath, and I'm not always tired. My medical issues (blood pressure, cholesterol, pre diabetic diagnosis) have all been resolved by eating right and losing the excess weight.

I can't even begin to express my appreciation to my girls at Weight Management Medical Center, and the inner happiness and peace that I have because of everything we accomplished together. You will always hold a special place in my heart, and be a large part of my life, in the way I think, the choices I make, and the way I conduct myself overall.

Thank you for helping me achieve my goal, teaching me how to live a healthier life, and guiding me along my journey. I couldn't have done it without you!