If I Can, So Can You!

In 2009 and early 2010, I was making a long commute every day to work and had a sedentary position. Overall, I sat for 11 plus hours a day, 5 days a week between working and driving. When I got home, I didn't do much either because I was so tired. During a 6 month period, I packed on the pounds and at the end of the 6 months, I was diagnosed with diabetes. Since then, I've struggled along, adding insulin to my routine about 2 years ago. Last fall, one of our employees noticed something about Weight Watchers on LARA's website. I contacted them and we soon had enough people to have our own At Work Weight Watchers meeting on our lunch break once a week. This really helped me get on the ball! I finally reached my weight goal after 7 months (a loss of 37 pounds). In addition, I took up walking in the winter, generally going 4 plus miles a day. I am now 3 sizes smaller and the best news…I'm off insulin. My cholesterol has improved, I no longer have high blood pressure, and I don't ache as much from arthritis. I plan to stay with Weight Watchers as a Lifetime Member (free) and to continue my walking. I have even started doing a little running. By the way, I'm celebrating my 60th birthday this month and if I can do it, so can you!

Marcia H.
Executive Secretary
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