

## Weight Watchers® Did It For Me!

**I joined Weight Watchers® January 2009** after discussing it with my best friend while we were indulging in Christmas Cookies on Christmas Eve 2008. We both had gained more then we wanted and nothing else seemed to work to lose the weight. Even though I was at the top of my healthy weight range for my height/weight, I was more weight then I wanted to be. I have a golden retriever that I faithfully took for walks but nothing would take the weight off because I would consume a lot more then I was burning in calories.

A couple motivators kept me going after starting the program. My friend and I were doing this together even though she works for an entirely different company. We would swap meal ideas and it was awesome having your best friend there during the highs and low weeks. Also, my class reunion was going to be in the summer so I really wanted to take the weight off to feel good about how I looked.

Every week I followed the program with some bumps along the way and amazingly the weight just fell off. I reached my goal of losing 20 pounds! I have been maintaining my weight for four months now and made a pact that I am never going back to my old eating habits. The at-work meetings were conveniently at lunch time so I could go and not have to reorganize my life outside of work with two young boys in sporting events and a husband that was very supportive. He actually started eating what I was eating and he lost weight too without even trying too hard. (funny how that happens!) Our weight watcher leader (THANKS BARB!) and other women who attended the meetings helped encourage me and keep me on track!

I really feel that I could have NOT done this without getting this type of support on a weekly basis!

Thank You Weight Watchers~ :-)

Holly  
DEQ

