


## Success Story: Angela and Zach



Angela and Zach set out on their Weight Loss For Life journey together. The impetus for Angela, who had battled weight issues for more than two decades, coincided with the COVID-19 lockdown. “This was a very difficult time. My health was definitely an issue. The orthopedist told me I would need total knee replacement soon. Not long after, I was diagnosed with Diabetes. My doctor provided me with a pamphlet for Weight Loss For Life. I showed it to my husband and he said that he would do the program with me. I was thrilled to have a partner doing this weight loss journey with me. We started the WLFL program in mid-March 2021, and have had amazing results. We are supporters, cheerleaders, teachers and inspirations for each other. I have so much more joy for life and my marriage, along with an improved relationship with myself – both mentally and physically. I encourage everyone that is doing this program to stay positive and stay the course. In only seven months I have lost 70 lbs. and my husband has lost 100 lbs! Without this program we would not have had such amazing success trying to get healthy and lose the weight on our own.”

Zach was a fit and healthy young man, but began noticing changes in his 30s. “It became more and more difficult to maintain a healthy weight. I stopped taking care of myself physically. At work my co-workers brought in goodies like donuts or home cooked meals almost daily. I put on almost 50 lbs. in as little as two years. Exercise became almost non-existent, and my diet was atrocious. To add to my misery, during the COVID lockdown I gained an additional 60 pounds and was rapidly approaching 400 lbs. I had never weighed so much in my entire life! Fortunately, our salvation came in the form of the Weight Loss for Life program. When my wife showed me a pamphlet for the WLFL program I told her I would undertake our weight loss journey together. We both began our weight loss journey in March 2021. It was very challenging in the beginning, as our kitchen cabinets were filled with all kinds of goodies and snacks such as cookies, chips, soda and candy. We cleared space in our cabinets for our HMR food and shakes so we wouldn’t be staring at temptation every time we went to get something to eat. We both began doing a little bit of physical activity until we were able to do 15-30 minutes every single day. Once I began to lose the weight, physical activity became easier to do for longer periods of time. I have now gotten to the point



where I can work out in the gym for an hour or walk 4-6 miles a day. I began to achieve some amazing results after only two months. After seven months, I have already lost 100 lbs! I haven't looked, and more importantly, felt this great in years! The WLFL program has taught us that this isn't just about losing weight, it's a complete lifestyle change. We are dedicated to maintaining a healthy lifestyle and having a better relationship with food to end the cycle of unhealthy attitudes and choices."