

Success Story: Pat J.



I was very overweight and felt that something needed to change. I was hoping to get off of insulin, take less medications and have better management of diabetes. Before I was a total couch potato. I went to bed at 8 p.m. every night because I was so exhausted. Now I stay up later, I have more energy, and I do a lot more physical activity.

Through Weight Loss for Life, my diabetes is much better controlled. I am off all diabetes medication and manage it with my diet alone. I have been off insulin for months! My last hemoglobin A1C was 5.2%. Also my medications for cholesterol and blood pressure have been cut in half.

I highly recommend Weight Loss for Life, and have these tips for success:

- Stick with it.
- Don't let yourself get hungry.
- Attend class, you will get a lot of great recipes for variety.
- Take advantage of incentives: promotions, raffle prizes, the Holiday Attendance Challenge to stay motivated.

One big change for me is I now eat more veggies! I have increased to 60 servings of vegetables and fruits per week, and I'm losing more weight than I lost in Phase 1! This is a wonderful program. I am at the same weight I was when I was 20 years old. I would definitely do it all over again!