Comments from our UC Weight Watchers at Work Members

About Improved Health…

- Losing weight and controlling my diet means I no longer take blood pressure and cholesterol medicines.
- I used to have frequent heartburn, and now realize it has gone away completely. I also used to feel ill first thing in the morning and that has also stopped.
- My doctor said I would be looking at knee replacement surgery soon if I didn’t lose the weight. I chose to lose the weight and now I don’t have knee problems.

About Weight Loss…

- I lost 76 pounds in less than a year, with limited exercise.
- I lost 57 pounds so far and am still reducing. I follow the plan and walk nearly every day.
- I lost 24 pounds during this series and never really felt deprived.

About Family Impact…

- My husband lost 45 pounds while following my lead, while I lost 30.
- The At-Work sessions here at UC with Rosa kept me motivated and on track and I have lost 30 pounds. Here’s the bonus: My husband has lost 40 pounds and my whole family is eating right and living a much healthier lifestyle.
- My wife ate what I ate, walked when I walked, etc. The kids benefited too because they are eating healthier at home.

When is it time for you to start a weight loss program?

- When your head is in the game. Weight loss is no different from alcohol or drugs. You have to be ready to do something about the problem.
- When they get tired of what they see in the mirror, or doctor’s orders.
- I knew the program worked and I could lose the weight once I was committed to the idea.
Why choose the UC WW At Work Program?

- Convenience and camaraderie of co-workers
- Meetings are better than the Weight Watchers On-Line program
- I found it to be very convenient. It already fit into my day; I didn’t have to make time for another thing to do after work.
- I have attended neighborhood meetings and do not get the same feedback from the other members like I do here at UC. I feel like the other members make the learning session more meaningful and even, yes, FUN.

What positive changes have you made in your lifestyle that will be permanent?

- Smarter eating habits for both me and my husband.
- I am eating smaller portions and making better selections.
- I am weaned off of sugar and sweets, except in moderation, and am finally drinking Coke Zero (still hate other diet drinks)
- I very rarely eat fried foods now; meanwhile I eat a lot of fruits, vegetables, yogurt & fish and have learned to prefer them.

Why Weight Watchers?

- It works
- I get to eat regular food and I can still go out to eat
- It’s not a fad diet; it’s healthy and includes all the food groups and is a way of eating that I can follow during the diet and afterwards

What do you have to lose? The weight you hate!