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Agency: Corrections



I had needed to make some lifestyle changes for quite some time in regard to weight management. I had struggled with my weight for years and my body mass index (BMI) was in the obese range. I had lab work completed through the Wellness Program and was really dreading the results. I found out that I was border line for pre-diabetes and my cholesterol was too high.

In late December 2011, I heard that the Work Ethic Camp (WEC) was going to have a weight loss competition starting in January 2012 that would run through the beginning of April. I love a good competition and you could say I am pretty competitive. It was a good motivator for me to get started again as I had not been able to find the motivation to follow through up to that point.

I joined Weight Watchers the same week that the competition began and quickly adapted to changing my eating habits. I started to see some dramatic results after a couple months and it continued to motivate me. About half way through the competition my motivation changed. I was not nearly as concerned with winning the competition anymore, (although I felt that would be great), I was more concerned with continuing on the journey I had begun with my weight loss.

When the WEC weight loss competition ended in April after 15 weeks, I had lost 35 pounds and 15.6% of my total body weight. It was good enough to win the competition. I was thrilled that I had won but even happier at the results I had seen up to that point. I was not at my goal weight yet so even though the contest had ended, I continued on my journey. When I had my lab work done again in April for the Wellness Program I was actually excited to see that my results were in the normal range and that became another motivator.

In May I took some photos and compared them to some beach vacation photos from August of last year and could not believe the difference. It is hard to realize the progress until you look back. I showed those photos to my kids and they could not believe it. The difference was amazing! As I am writing this, I am down 58.6 pounds and 26.9% of my total body weight from where I began in January and I couldn't feel better about my progress. I am actually 67.8 pounds lighter than I was at my doctor's appointment in April 2011. I have 4.2 pounds to go to be at my goal weight and I am continuing to plug away. This week I reached a normal BMI for the first time in about 15 years.

I know at this point that I don't ever want to go back. I feel like a completely different person. I am healthy and energetic and actually happier. I would recommend to anyone who struggles with weight to start small and work little by little toward your bigger goal. It can feel overwhelming at first, but small goals along the way do a lot to motivate.

