

## **DIVISION 9, 2<sup>ND</sup> PLACE**

**In January of 2002 I received a letter stating that before I could have bariatric surgery, I needed 6 months prior history from my primary physician and attend a weight loss group. My doctor gave me the name of a TOPS chapter to attend. On March 14, 2002, I joined TOPS #IN 81, Hartford City thus, I begin my TOPS journey to a road of success at 365.50 lbs.**

**I have counted calories, fat content, low carb, high protein and portion control.**

***I weighed in at 269.50 lbs. on October 26, 2006 – 4 lbs. away from a milestone of 100 lbs. at TOPS.***

***I needed total knee replacement – one in November 06 and other in March 07. My sugars were high after surgeries so that meant more meds – low sugars (eat to keep them up) so I bloomed out to 320 lbs. in March 09.***

***I made a decision, with God and my families help, to seek a doctor for bariatric surgery. I had surgery July 28, 2009. On March 11, 2010 I weighed in at 211 lbs.***

***At this time in my journey, I need TOPS friends more than ever as surgery is a help not a cure for weight management.***

***Bonnie Green***