

DIVISION 1 – 2ND PLACE

I have been battling overweight most of my adult years. I have lost some weight before but have not been able to keep it off permanently. I have tried many different ways to lose weight , but have not kept it off. My wife joined TOPS several years ago and was always gone on Monday nights. She suggested I might like to go with her as it would give me something to do with her and I could lose weight at same time. I joined TOPS #IN 646, Mishawaka in January of 2006. I didn't lose much at first but kept trying.

In February 2009, I became short of breath and was admitted to the hospital. A heart doctor was called in and I needed a pacemaker put in my chest. The doctor told me in no uncertain words THAT I NEEDED TO LOSE WEIGHT. All the extra weight was too much for the heart. Since my heart knows best, I put my heart into losing and lost over 60 lbs. last year. I also might add that after my wife had bariatric surgery and lost 200 lbs., I knew I could do it too.

Donald Harman