

DIVISION 2 – 2ND PL SUCCESS STORY

I AM 68 YRS OLD AND HAVE BEEN OVERWEIGHT SINCE GRADE SCHOOL. WHEN I THOUGHT ABOUT WHAT I WANTED TO SAY IT MADE ME REFLECT ON WHY I HAVE REMAINED OVERWEIGHT ALL THESE YEARS. EVERY TIME I STARTED TO STATE A REASON, IT BECAME MORE CLEAR THAT I WAS ONLY MAKING EXCUSES FOR THE MANY POOR CHOICES I HAVE MADE.

FOR THE LAST 19 YRS I HAVE TAKEN MEDICATION FOR HIGH BLOOD PRESSURE, PRE-DIABETES AND CHOLESTEROL. CHRISTMAS 2008, AT 261 LBS., I KNEW I HAD TO MAKE SOME CHANGES AND JANUARY 8, 2009, MY NEW JOURNEY BEGAN. I JOINED TOPS #IN 625, ANDERSON. THE CHAPTER MET IN MY HOME CHURCH, WHETSTONE CHRISTIAN CHURCH IN ANDERSON. I KNEW SEVERAL OF THE MEMBERS, AND IMMEDIATELY FELT RIGHT AT HOME.

DURING 2009, I LOST JUST OVER 50 LBS. MOST IMPORTANTLY THOUGH IS THE FACT THAT I WAS TAKEN OFF 4 OF MY MEDICATIONS! MY SUAR LEVELS ARE NON-DIABETIC, MY BLOOD PRESSURE IS BEST IT HAS BEEN IN MANY YEARS.

AS HAPPY AS THAT MAKES ME FEEL, THE JOURNEY IS JUST BEGINNING. I AM ONLY HALFWAY TO MY GOAL OF 165 LBS. WHICH MY DOCTOR SET.

I HAVE HAD TREMENDOUS SUPPORT AND I KNOW IT WILL CONTINUE. SANDY, MY WONDERFUL WIFE OF ALMOST 49 YRS, IS ALWAYS THERE FOR ME WITH LOVE, SUPPORT, HEALTHY MEALS AND A BOTTLE OF WATER.

BARBARA, A GREAT FRIEND AND CO-WORKER ALWAYS ENCOURAGES ME TO EXERCISE, EAT HEALTHY AND GIVES ME NEW DIET SUGGESTIONS. MY TOPS CHAPTER PROVIDES ME WITH INCENTIVE, DIRECTION AND SUCCESS STORIES TO KEEP ME ON TRACK. LAST, BUT CERTAINLY NOT LEAST IS PRAYER; PRAYERS FROM MY TOPS CHAPTER, MY CHURCH FAMILY, FRIENDS AND RELATIVES EVERYWHERE. WITHOUT PRAYER NONE OF THIS WOULD HAVE BEEN POSSIBLE.

I AM LOOKING FORWARD TO 2010 AS I JOURNEY NOT JUST TO MY GOAL WEIGHT AND KOPS, BUT MOST IMPORTANTLY, A HEALTHIER, HAPPIER AND HOPEFULLY A LESS MEDICINE DEPENDENT LIFESTYLE.

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