

DIVISION 3, 1ST PLACE

This is how my story started. I took my granddaughter to the Hospital Emergency Room because of a kidney stone. When she weighed in at 213 lbs., I was shocked for the both of us, knowing I weighed the same.

At that time I began thinking about losing weight, but not seriously. I bought diet drinks and began using them for breakfast. My weight slowly moved down to 206 lbs.

That's when one of the TOPS gals said to me, "why don't you come to see what it's all about?" I did go once then came back the second time and joined TOPS #IN 191, Logansport on March 3, 2009.

I began exercising and joined a walking club. I now go exercise every morning at 6 a.m. so that I can use the equipment at the Senior Citizen Center. I watch what I eat as well as eat smaller portions. It is a mind thing I am learning to live with from the time I get up until I go to sleep.

I choose from low calorie food bars, nonfat yogurt, Jell-O and fresh fruit and vegetables when I can. I also like small salads with little dressing. I look for sugar-free cereals, lean meats and low fat milk. I mostly stick to what I know works for me.

After joining TOPS, I have consistently lost and received monthly and quarterly recognition awards for my efforts. I was recently recognized as best loser of my chapter.

It feels wonderful to wear smaller sizes, something I hadn't done for over 40 years. I can walk without being out of breath and I can exercise and I like to do it. My blood pressure and sugar are down.

I feel great, great, great that I am not the fat sister anymore!

Jean Harris