

## **DIVISION 2 – 1<sup>ST</sup> PLACE SUCCESS STORY**

**I GUESS MY STORY IS VERY MUCH LIKE OTHERS THAT HAVE SUFFERED WITH WEIGHT PROBLEMS MOST OF THEIR LIFE, BUT I THINK I HAVE FOUND A LONG-TERM SOLUTION. POOR NUTRITION DURING CHILDHOOD AND LACK OF ABILITY TO BE ACTIVE MADE FOR A BAD COMBINATION RESULTING IN OVERWEIGHT. A DEFECT WITH MY SPINE REALLY LIMITED THE AMOUNT OF EXERCISE AND ACTIVITIES THAT I COULD DO TO BURN CALORIES.**

**DURING THE YEARS I HAVE LOST WEIGHT SEVERAL TIMES, 50#, 30#, BUT EACH TIME I LOST THE WILLPOWER TO STAY WITH A DIET FOR VERY LONG. MY WIFE HAD GONE TO TOPS #IN 127, OTTERBEIN FOR SEVERAL YEARS AND CONTINUES TO GO WITH ME TO REGULAR TOPS MEETINGS. MY EXCESS WEIGHT WAS MAKING MY BACK AND LEGS HURT TO THE POINT I NO LONGER COULD PERFORM MANY ACTIVITIES.**

**THE KEY THAT TOPS HAS DONE FOR ME IS TO MAKE ME AWARE OF WHAT I EAT ON A DAILY BASIS AND TO BE WATCHFUL OF MY WEIGHT ON A WEEKLY SCHEDULE. MY PROBLEM WAS I THOUGHT YOU LOSE WEIGHT AND THEN YOU ARE DONE! WHAT REALLY HAPPENS IS YOU SLOWLY FALL BACK INTO THE SAME OLD PATTERN YOU HAD BEFORE. THUS, THE SLOW WEIGHT GAIN OVER TIME SNEAKS UP ON YOU AND THEN IT SEEMS TOO MUCH TO OVERCOME AND YOU'RE RIGHT BACK WHERE YOU STARTED. THE FACT THAT IT SEEMS I CAN WALK BY A DONUT AND GAIN 10 LBS. DOESN'T HELP THE SITUATION.**

**THE TOPS PROGRAM HAS HELPED ME TO LOSE WEIGHT AND AS A KOPS WILL HELP ME TO NOT BALL BACK INTO THE OLD PATTERN OF OVEREATING. ATTENDING WEEKLY MEETINGS HAS BEEN A GREAT HELP AND KNOWING YOU MUST WEIGH IN. MANY MEN MAY FEEL IT WOULD BE EMBARRASSING TO ATTEND THESE MEETINGS, BUT I FOUND IT TO BE BETTER THAN GOING THROUGH LIFE 50# OVERWEIGHT**

**BESIDES REDUCING THE AMOUNT OF FOOD AND CUTTING OUT JUNK, I FOUND I COULD SWIM FOR EXERCISE WHICH ALLOWED ME TO BURN CALORIES WITHOUT HURTING MY BACK OR LEGS, WHICH ACHE WHEN I WALK VERY MUCH.**

**STAYING BUSY WITH HOBBIES OR OTHER ACTIVITIES DOES HELP PREVENT THE MINDLESS OR NERVOUS EATING HABITS THAT ARE SO EASY TO BECOME ROUTINE. WHEN YOU LOOK IN MIRROR AND NO NOT LIKE WHAT YOU SEE, ITS HARD TO HAVE A POSITIVE SELF IMAGE. DAILY LIFE STRESS IS ALSO A MAJOR OBSTACLE IN MAINTAINING A REASONABLE WEIGHT. I USED FOOD TO RELIEVE THE STRESS IN MY LIFE, BUT IT WAS AN UNFORTUNATE METHOD TO COUNTERACT**

**STRESS. I FOUND MAKING TIME FOR SWIMMING AS OFTEN AS POSSIBLE WAS MUCH BETTER THAN USING FOOD.**

**A MAJOR FACTOR IN HELPING ME LOSE WEIGHT WAS ALL THE ENOURAGEMENT FROM MY TOPS FRIENDS IN BOTH INDIANA AND FLORIDA.**

**THE MOST IMPORTANT PART OF WEIGHT LOSS IS TAKING TIME FOR YOURSELF! CALL IT SELF-ESTEEM OR WHATEVER BUT IT IS IMPORTANT TO MAKE TIME FOR YOURSELF TO EXERCISE AND DO THE THINGS YOU ENJOY.**

**THOMAS WILD**