



UK Health & Wellness Weight Loss Matters

'The hardest part of the program was making the initial phone call'

Charlene Wesley joined UK's Weight Loss Matters program in May 2007 and attended two 10-week sessions. We asked Charlene to tell us what the program was like for her. She said the lessons she learned will stay with her the rest of her life:



H&W: Why did you decide to start Weight Loss Matters?

Charlene: I decided to join the Weight Loss Matters program because my weight was getting out of control and the physical constraints were beginning to control my life. When I realized that my weight was limiting me, I decided it was time to do something about it.

H&W: Was the program difficult?

Charlene: The program is not difficult at all! They provide a food plan, not actual menus, based on your current weight, physical activity, etc., that lets you incorporate all foods. When you surrender your eating habits to that plan instead of trying to force them into the plan, it works like a charm.

H&W: Did you enjoy it?

Charlene: I did enjoy the program, the ease of it all. I lost weight even without an exercise program. I enjoyed keeping track of what was going into my body. It was almost like a science experiment. I actually felt like I was finally in control of some part of my life. I was never hungry and my energy level started to soar almost immediately. I lost weight the very first week and after gaining weight steadily for almost two years, it was a much needed boost to my confidence level. I learned something new each week during the classes and the support from the staff was tremendous; always encouraging.

H&W: Have you been able to keep the weight off?

Charlene: I have been able to keep the weight off. I had a relapse of sorts during the holidays, but as soon as I started writing down my food intake again, the weight started coming off again. I don't write my intake on a daily basis anymore, but I know if I start gaining again, the weight loss is just a pencil stroke away. I think differently about what role food plays in my life and I think that makes the biggest difference for me. I have lost an additional 10 pounds since attending the program and would lose even more if I put myself back into that routine.

H&W: What was your biggest challenge?

Charlene: The hardest part of the program was making the initial phone call and admitting that I had issues with the weight. I thought I would be embarrassed going to a weight loss program, but everyone has the same interest in mind and they are working on their own goals. It's just as encouraging seeing them attend as it was to attend myself.