



UK Health & Wellness Weight Loss Matters

For this couple, losing is a win-win situation

Tim and Julene Jones know what it's like to be losers. The married couple, both UK employees, were the winners of Weight Loss Matters' "Biggest Loser" competition last winter.

"We decided to enroll because it would be a kick-start to a healthier lifestyle for us," said Tim, who works for the Kentucky Transportation Center.

Julene lost 10.8% of her start weight; Tim lost 9.3%.



"(Weight Loss Matters) was a lot easier than I thought it would be," said Julene, who works for the Libraries in Special Projects. "Karen (Bryla McNeese) and Kim (Moore) were very encouraging when I would see them at our weekly class, and Tim gave me tons of support during the week, especially when we would exercise together and plan our meals."

Tim agreed that the program was not difficult, but did say that it required "some thought when planning and preparing meals."

"The biggest challenge has been to overcome or deal with emotional and mental issues with regard to weight loss and appearance," said Tim. "For example, it was rather intimidating to walk into the gym the first time. I just wanted to be invisible. But as time progressed, I realized there were others at the gym for the same reason I was – to lose weight."

For Julene, the biggest challenge was recognizing and overcoming her emotionally driven eating habits.

"When I would have a bad day, I used to eat to feel better," she explained. "Now, I've realized that I deserve to be healthy. That's become my motto – that I deserve to be healthy."

Since the program Tim has maintained his weight loss and Julene has continued to lose.