

Still losing since February 2006!

How did I get here this time? How am I still motivated to keep going to get to my goal weight? How come I haven't given up on myself this time saying I just can't do it? These are questions people have asked me and I have asked myself and I have written down some thoughts.



Terry's After Photo

In January 2003, my granddaughter was born. At that time I could barely stand and hold her for a very few minutes and I decided I must become healthy to be able to enjoy her fully as she grew up so that year and into the next, I joined a gym and 'dieted' and lost a significant amount of weight.

Then I was hit with severe emotional stress from several different directions and, as is my usual habit, I started to reach for the unhealthy things to eat to be able to cope. At first, slowly, the weight started going up. I even joined a Weight Watchers group for ten weeks trying to get back on track but in a very few months all the weight was back on and more. Time went on; I became more and more uncomfortable. I would say even more uncomfortable than the time before I lost the weight - knees in pain all the time, not able to stand for any amount of time, not sleeping well - all in all in very bad shape.

So what changed? Well, I was asked to join a Weight Watchers At Work meeting in February 2006 to make sure we had enough to start a group - they needed one more to have enough, so I did. Early on in a meeting the Leader - Sue - said something that just clicked with me. Don't be too hard on yourself - when you blow one meal, don't sweat it. It is over, get right back on your plan and fix it in the next three meals. If you blow a whole day, fix it in the next three days - a week - fix it in the next three weeks. Somehow that took away

the usual thing in the past when I was on a 'diet' and ate something that was considered 'bad', I would tell myself that was it - might as well forget it now and just eat and eat more. I learned not to stress about what happened through the week just to stick with it and very important to me - to go to meetings weekly. Even if I didn't think I would like to know my weight - go to the meeting and get encouragement from the rest of those there. Even if I should have lost, as I followed the Program to the letter, but gained - go to the meeting to share how annoyed or frustrating it is and get more encouragement or learn something about how you are eating that might cause this. This has kept me motivated and strong when I didn't feel strong sometimes. I learned not to stay away from being weighed one week because you may be ashamed to say you gained. I learned not to be ashamed but to use everything as a learning curve to be able to continue. I learned to allow myself things to eat once and a while that would be off my regular eating if I felt like it and then to say ok I have had that, now go on and keep following my plan and not to stress about it.

As for my emotional stressors, they continue on. I learned that my overeating and eating unhealthy things constantly did nothing to change this emotional stress which mostly involves the problems of my adult children. I accepted the fact that they are adults and will make their own decisions in life and have to deal with their own choice; that my being unhealthy did nothing to help them and certainly did nothing for me. I am healthy and strong now; enjoy my exercise; have loads of energy and am there to listen if they wish to talk but their choices are not going to take my health away from me.

I am not on a diet and will not be dieting any more. I will however continue to make healthy choices and not stress about things. I have made it a process which will have ups and downs but will continue for a lifetime.

Thanks Weight Watchers, thanks all group members and especially thank you Sue.

Terry R.
Millhaven ON