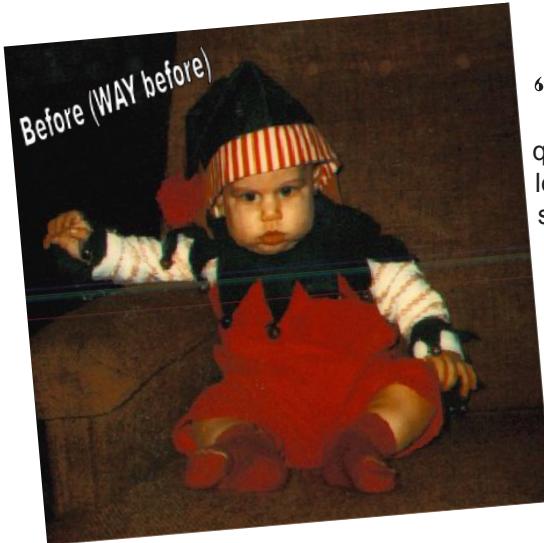


# A Success Story

(or, MY NONBIASED, TOTALLY PLAUSIBLE, UNFINISHED STORY)

By Tim Ostrich (A.K.A. Dr. Boz: "Super-Awesome-Happy-Fun-Time-Doctor-Person-Extraordinaire")



"I might be cliché to say, but I've truly been heavy my entire life. I'd say weighing in at a startling 12 POUNDS at birth qualifies! And before everyone says, "Oh your POOR MOTHER," let's give a little love to that POOR CHILD who was stuck in that tiny space (see my "Before" picture on this page for visual evidence)! But I digress....

When you've always been overweight, it's very easy to view your life in terms of being the "fat kid." Even now, at 32 years of age, it is a constant battle to remind myself that I am more than a set of numbers (weight, waist size, blood pressure, and cholesterol). However, those numbers are still important, and mine were to a point that I could no longer ignore the impact they had (or would likely have) on my life. Actually, they were WAY past that point.

My decision to join Weight Watchers was sort of an impulse.

I had a friend online who'd recently started and was reporting some

success. Then, not long after, I received the email advertising the At-Work program and decided to give it a go. I said "goodbye" to my favorite foods the week before my first weigh-in, which meant I ended up eating Taco Bell, McDonalds, and a frozen pizza the week of weigh-in. Little did I know I would be starting a whole new chapter in my life.

It is surprising to me exactly what kind of success I've attained thus far, especially considering I started making these healthy changes right before the holiday season (October 2007). Weight Watchers has been extremely helpful in that it helps me to eat responsibly. I can still eat that pizza, but I cannot eat the rest of the day. And as dense as I can be sometimes, even I can see that's not a smart decision. I still eat pizza, just not as much and not nearly as often. The availability of Bootcamps, and more importantly Bob's willingness to take time out of his week to come down and lead them, has been a major kick-start to success as well. I went from no activity at all (unless you count playing the Nintendo Wii) to working out up to five times per week. I do Bootcamps, videos, and even shoot some hoops in the gym before a Weight Watchers meeting. While I still don't necessarily enjoy working out, I can definitely feel the positive effects of being active.

But it all comes back to numbers, doesn't it? So for those who like to quantify success, here's what I have to offer. I've lost 42 pounds (as of the writing of this column) in 24 weeks, which is over 10% of my body weight. I'm FINALLY below 300 pounds for the first time in about five years. My total cholesterol dropped 82 points. My "bad" cholesterol dropped 74 points. I'm down to 2XL clothing (from 4XL). I purchased a new pair of jeans that are two sizes smaller, and even those are starting to sag. I need 3 new notches in my belt. I feel 243% better. OK, I made the last one up...sue me!

Numbers aren't the only measure of success however. Seeing my clothes hang off of me is exciting. Having people complement me on my progress is wonderful. I notice that I carry myself with a little more confidence. Rather than trying to hide, which admittedly is hard to do at my size, I'm a bit more willing to put myself out there. My grocery shopping goes a lot faster since I can avoid whole aisles. I don't go to bed full anymore. I have more energy during the day. And a big positive for me is that my family members are making some changes with diet and exercise as a result of my progress. It's always nice to "pay it forward," especially to the people who are truly important in my life.

I'm flattered to be able to share my story, but I hope this is merely just a chapter and not the final page. I have a LONG way to go to achieve my ultimate goals, but it's a heck of a lot shorter than it was five months ago. Hopefully this isn't the last you'll hear from me, because I feel like my story is just getting started!

