



*Results not typical

Renee Lost 82 Pounds!

Name: Renee
Age: 31
Job: Realtor
Start Weight: 208 pounds
New Weight: 126 pounds
Weight Lost: 82 pounds



What were your goals when you started our program?

I wanted to be more active. I've got a 6 year old who loves to play ball. When I was overweight, I just felt like I couldn't do anything active with him. After my second son was born I knew I had to change my life if I wanted to be able to play with my kids more.

How did you discover Dr. Smith's Get Thin Program?

I've been concerned about my weight for most of my life. I lost weight a few times, but would always gain it back. I noticed that a friend of mine had lost a lot of weight, so I asked her what she was doing. She told me about this Program and highly recommended it to me. She said it would work for me. She was right.

What was different about losing weight with the Get Thin Program?

A while back, I tried losing weight by following a diet that had me eating just pre-packaged foods. That didn't work because it was inconvenient, too expensive and didn't teach me anything about losing weight in the real world. When I started this program, I was happy that I could eat regular "grocery store" foods. But what made the biggest difference was that I actually learned what mattered most for losing weight -- keeping track of calories. Before, I never knew that's what I needed to do. Now I use the *Calorie Counter* and *Daily Diary* to stay in control of my calories. It makes the difference.

What type of support did you receive from friends and family while losing weight?

I had a tremendous amount of support from my friends and family. They knew I wanted to lose weight, so they encouraged me to do it. My husband even started losing weight because the changes I made to my lifestyle were rubbing off on him.

Were you able to remain full while following the Get Thin Program?

Yes. I was able to stay full. I ate sensible meals throughout the day. Between meals I would eat things like strawberries, apples, low fat chocolate pudding with Cool Whip®, and Nabisco 100 Calorie Packs. When I went out to eat, I relied on the Lower Calorie section of the *Calorie Counter* to help me figure out where I should eat at and what I should order.

What type of exercise did you do while losing weight?

I started out by just walking. I would walk a little bit further each time I exercised. Now that I've lost the weight, I've started doing more. I'm working with trainer to tone-up and I run every day.

How has your life changed now that you have lost the weight?

I'm more active and can do more things with my kids. I helped coach softball for my older son's team and I can play wrestle with my 2 year old. Now I can do things I was not able to do before. It feels great.

What final words would you like to share with people who are also looking to discover success?

If you are not already using this program, you should. It is easy to follow and it works. My other piece of advice is that you have to be committed to losing weight before you get started. Being dedicated makes it a lot easier to achieve your goals. I lost over 80 pounds by following this program and by staying committed.

**"I'm more
active and can
do more things
with my kids."**