

TONJA LOST 42 POUNDS!

Name: Tonja

Age: 43

Job: Supervisor / Programmer

Start Weight: 191 pounds

New Weight: 149 pounds

Weight Lost: 42 pounds



Q: What were your goals when you started our program?

I wanted to accomplish two things: to become more active and to improve my appearance.

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

It is sensible and designed for "real" people, who eat "real" foods. I didn't do anything drastic. I spent the first month using the (food) Diary and the Calorie Counter to track what I was eating. They helped me quickly identify three areas I needed to fix: fatty foods, sweets and the amount of food I ate.

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

Yes. I didn't starve myself. I didn't feel cranky because I was hungry. I would eat a normal breakfast, lunch and dinner. Between meals I would eat several snacks so that I could stay full. I ate lots of fruits and vegetables. I would keep Dr. Smith snack bars and shakes at my desk. I even kept bars in my car. If I got the urge to eat, I'd just grab a bar instead of heading to get some fast food. With this program I didn't feel like I could never eat my favorite foods. I just had to eat smarter. That's why I was able to stick with it.

Q: Did our program fit into your day-to-day life?

It's perfect for busy people and it worked for my entire family. I didn't have to get my own foods and then get different food for the rest of my family. We all had the same grocery list.

Q: Did you enjoy working with the Dr. Smith team?

The entire staff was great from Day 1. The medical assistants really helped me understand the program and what products could help me get the most out of losing weight. They made the experience easier.

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

My husband and four sons were very supportive. I also joined a support group that was started by a friend who also uses this program. We all did great at losing weight together. Our group is called the Social Butta-Flies. We feel that we used to be caterpillars, but now we've blossomed into beautiful butterflies.

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

I feel I can accomplish anything now. So many friends, family members, co-workers and even strangers have started the program after witnessing my success. I recently went to a high school reunion and some people didn't even recognize me. They were amazed at how different I looked. It felt great.

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

This program is the best out there for losing weight and regaining your life. This is the first time I've had success without all of the restrictions. I used to be the person who just wanted to take pictures. I wanted to be behind the camera. Now that I've lost the weight, I want to be in front of the camera. Take my picture! I feel and look better at 43 than I did at 23.

***"I feel I can
accomplish anything
now... I feel and
look better at 43
than I did at 23."***