

## WW Ambassador Anniversary



I started this weight loss and wellness journey on November 15, 2014. I was morbidly obese, unhappy, stressed & I just knew there had to be more to life.?

My relationship with food was disordered at best, abusive in every sense. I ate & drank to calm my anxiety, as a reward for surviving the day, to entertain myself, out of boredom, out of sadness - but never to fuel my body. Why would I even think about food as fuel, it wasn't like I was exercising - I was heavy & slow & would get winded walking up a flight of stairs.?

I was so unhappy. I rejected people & experiences, for fear they would see me and my size & reject me for being this slovenly, disgusting person. I said the cruelest, most awful things to myself & I accepted cruel and mean-spirited treatment from friendships & romantic relationships because I didn't think I deserved better. ?

I didn't think I could lose the weight & keep it off. I'd done Atkins, Medifast, the veggie soup diet - you name it. And I always ended up losing with a diet that wasn't conducive to my lifestyle, then putting all the weight back on, usually & then some. ?

But I believed that I could make WW (formerly Weight Watchers) part of my life, rather than having to fit my life into the program. WW gave me the tools to change my relationship with food, exercise & most of all, with myself. And six years later, what a life it's been. Full of healthy foods, an ocean of water, nearly 300 spin classes & countless hours on the elliptical. Getting healthy changed not just my body, but my heart. I opened myself up to big dreams, new experiences, the best friends, & the love of my life. ?

Four years ago today WW named me to their first group of Ambassadors. During that time I've been up, I've been down, but I've always believed it is #wellnessthatworks. I'm as honored today as I was then - this community and the friendships I've made are the greatest #NSV. Even better than buying clothes off the rack! ?

Thank you for sharing your journey with me.