



1. What was life like before you became a WPF client? (occupation, daily feelings)

I work in an office and although I have a lengthy walk from the parking structure into the building I pretty much sit most of the day. I'm also a caregiver for my Mom and between taking care of her and working full time somewhere along the way I stopped taking care of myself and gained just about all of the weight I had previously lost.

I have tried to restart but something always kept me from being successful. I've been frustrated with myself that I would do well for awhile but seemed to keep gaining and losing the same 5 – 10 pounds.

2. At the time you enrolled, were you already exercising? What was your previous background in fitness?

I walk at the mall once a week with a friend. We walk for an hour and make it around 4 times. I wasn't doing much beyond that other than yard work in the spring and fall.

Over the years, I had joined a couple of different gyms but never stuck with it for a variety of reasons. Most recently I checked into one a few years ago due to a deal they were offering thru work, I met with someone but just didn't get a good feeling from him,

The first time I met Ryan I could tell that her really cared and truly wants to help. I have never felt like "just another client" or "the next appointment".

3. What originally prompted you to seek us out?

I knew I was not at a healthy weight and needed to do something for myself and my health. I was tired of feeling tired. I knew the extra weight was not good for my knees and ankles and had started to experience pain on the bottom of my feet when walking at the mall or standing during my weekly chorus rehearsal.

Something about Ryan's video intrigued me and made me want to learn more. I thought about it awhile before reaching out to him and I am extremely glad that I did.

4. What was your goal when you originally signed up?

I have had a goal of getting back to a healthy weight for as long as I can remember. I would set little milestones for myself for different upcoming events. In January I set goals for a couple reunions/parties in July and August and a potential vacation in October. I am taking a vacation for the first time in over 10 years and I wanted to lose weight before our trip. I had been "working" on it all year but with not much ongoing success. As the year wore on, I adjusted the goals. Although I didn't achieve my goal for July or August I am thrilled to say that I am within a few pounds of the adjusted goal for my upcoming vacation.



5. Why was this important?

I wanted to be healthier. I have been so focused taking care of my Mom I wasn't taking care of myself and let myself slip back into some bad habits. A good friend told me that I wouldn't be successful in my weight loss goals until the stress in my life was resolved. I was determined to prove her wrong.

I knew how it felt and how good I felt about myself when I lost the weight years ago and I wanted to have that feeling of control again. I was also tired of beating myself up for letting myself get out of control and gain the weight back. I knew I could do it because I had done it before but needed to figure out why I wasn't able to duplicate my previous success.

6. How long had you had this goal?

Honestly, I have had this goal pretty much my entire adult life.

7. What were the top 1-2 things that held you back from achieving your goal?

Caring for my Mom has been challenging in many ways. Her appetite has declined and she has little interest in eating anything but fast food. I found myself falling into the trap and eating a lot of fast food even though I knew it wasn't good for me.

I would try to cook a nice meal on the weekends and plan to have leftovers for the week, she would eat the meal the first time but usually had no interest in the leftovers, hence the reliance on fast food. I also figured at her age, if that's what she wanted and I knew she would eat, there wasn't much harm (at least for her).

The other challenge I had was time, I wasn't sure if I had the time to commit to an exercise program. I have since determined/learned that you find the time for the things that are important to you.

8. What had you tried to get to your goal before?

I kept trying to restart the program that I found success with in the past. Somehow without the monthly meeting it just wasn't the same and I was not able to recreate the success I had.

I attended a few weight watchers meetings when a friend from church invited me to join her at her meeting. It was not a convenient location for me, so when she stopped attending, I stopped. The meetings close to my home were not at a convenient time so I didn't keep up with it. I tried one online program that a friend from chorus recommended but had a lot of technology issues with that.



9. Were you more driven to solve a problem or achieve a goal?

It's really a little bit of both but mostly achieving a goal, getting healthier and feeling better about myself.

10. How did you originally hear about us?

I ran across Ryan's FB video at the end of May but didn't immediately contact him. I called a couple of times but didn't leave a message. Finally in mid July I stopped in to talk to Ryan and setup a time to talk to him. We had a couple of scheduling conflicts but were able to connect in August and I started at the end of August.

11. How were you feeling about weight loss, nutrition, and fitness at the time you enrolled?

After talking with Ryan and learning about the nutrition part of the program, I knew I could do this. I had done it before and was already trying to eat healthier. I knew I needed help keeping myself on motivated and on track.

I was a little unsure about the fitness piece. I had tried the gym thing previously without much success mostly because I wasn't really sure what I was doing and didn't have a lot of guidance.

12. What have you liked best about working with us?

Ryan is great and extremely supportive and provides a lot of positive reinforcement.

I have learned so much from him. I love that he explains things as we go. I always know why he is having me doing something and what it is intended to achieve. I have had a few challenges with social events over the last few weeks and Ryan has helped me to formulate a strategy to stay on plan and be able still enjoy the event.

13. What challenges have you overcome and struggled with that kept you from progressing faster with your goals?

Since starting the program, I really can't think of a challenge that I wasn't able to overcome or work around. A few stressful situations came up but I was able to work through them, eat clean and stay on track. I don't think I would have been able to do that if it wasn't for Ryan's support and encouragement.

14. How did you overcome them?

I decided that I needed to start doing something and take better care of myself so I can continue to take care of my Mom. I wanted to be able to feel better about myself. I feel like I am back in control.



15. What are you most proud of achieving since you started?

I'm doing things I never thought I would have been able to do. I've dead lifted. Before I met Ryan I didn't even know what that meant.

I'm proud of what I accomplished so far and know that I can keep the momentum going. I feel that I am back in control.

16. Now that you achieved your weight loss has your view of yourself changed?

I have not achieved my goal yet but I am on my way. I know I will be able to achieve it. It's just a question of when I will get there, not if.

17. How do you feel about your future?

Positive! I know I can do this. I have made positive changes that I can sustain.

18. What else is different about your life since beginning your program?

Il feel better and sleep a lot better. My flexibility has gotten a lot better due the stretches and home workouts. My clothes are fitting differently. I am shopping out of my own closet and wearing clothes I have not been able to wear in quite some time.

Grocery shopping is a lot easier. There are some things I just don't buy anymore. I am doing meal planning and preparation that I have not done in the past. We've had a couple of pot luck days at work, which I approached with a plan.

19. Where would you be if you hadn't started your program here?

Considering the couple of stressful situations that happened, I'd probably be the same or heavier than I was when I started the program and beating myself up for letting myself get out of control.

I found Ryan and WPF at the right time. I was more than ready and in the "right place" to stick with it, give it all I've got and find the success that has eluded me the last few years.

20. What would you say to anyone else who might be dealing with a weight loss problem, or health and fitness problem in general?

You need to be ready to commit completely to doing the program. If you follow the program, you will be successful. You are worth it and you can do this. Do it for yourself.