



### MEET CLAIRE, PERSONNEL:

Claire was blessed with two beautiful boys, but not until her 40s and then it was really hard to take off the “baby weight”. After seeing the success of co-workers Claire joined Weight Watchers in July 2011. She was amazed at the immediate results, and astounded that she could lose while still indulging in her husband’s excellent Italian cuisine. At 48 Claire joined a couch to 5K program through CityFit and started running for the first time in her life. This May, Claire will take on the long, uphill leg of the Pittsburgh Marathon on the I Am CityFit Relay team. Like the relay team it’s easier to achieve a goal when you know you are not alone and that there are people who have your back like on the Weight Watchers program. She has been told she is an inspiration and that knowledge has inspired her to keep going, continue working and stay strong. After all, she has a couple of really good reasons to stay healthy.