



### MEET WENDY, 311:

In January 2010 Wendy quit smoking, and that was a good thing; however, in the process she put on some extra weight. In January 2011, Wendy decided to take off the extra weight and joined Weight Watchers that April. What worked for Wendy was that Weight Watchers was more about making healthy lifestyle choices than dieting. She finds support and motivation from the meetings and that helps her keep on track. She still eats and drinks what she likes, just not all the time.

Additionally, she started beefing up her exercise routine. An avid walker, Wendy also challenged herself with running, and this year is running a leg in the Pittsburgh Marathon on the I Am CityFit team. Although Wendy is really close to her goal, what she has lost is not nearly as important as what she gained – confidence, control, energy & stamina, strength and the knowledge that she is a positive role model in her daughter's life.