

From Kathy Lawson



It seems to me that the more I'm told by others that I am something, the more the comment becomes truth. So, when my pediatrician told me that I was "a healthy fat kid" and gave me a sucker before I left the office, I became just that. I've clung to that thought since the day she nonchalantly said those words to me, but unfortunately, as I aged, the "healthy" part of that description fell away. In my twenties and thirties, I used to sit on my bum; smoke, drink lots of soda and eat lots of chips. It was really no surprise that in my early thirties I was diagnosed with type 2 diabetes. I spent a few years taking the medication to reduce my blood sugar, but not eating well or exercising. I pretended that the pill would solve the problem, but I was wrong.

When I became pregnant with Emily, who is 4 now, I had been a non-smoker for 8 months, but I weighed in at 214 lbs, I was very careful of what I was eating and checked my sugars 3 to 4 times a day. But it was for my baby, not for my own health. I weighed 244lbs when Emily was born. Between the breastfeeding and sleep deprivation of a newborn, I eventually got down to 222lbs but was tired and back on the Type 2 diabetes meds. and feeling uncomfortable in the bulkiness of my skin!

I started my weight loss journey at Weight Watchers and found some success. It wasn't until I decided to actually EXERCISE that I began to see real results! One of my co-workers was slimming down and looking strong. She said she was going to Dan! A few more co-workers began to train with him and I finally got up the courage to see for myself.



It was quite a challenge both physically and mentally in the beginning. Now that we're rounding up to my second year I feel strong and much healthier than I was even in high school (when I played softball). I was never one to run or break a sweat. Now I am able and even willing to do both! I was elated the first time I hit the 8 speed on the treadmill, and survived!! My A1C (the blood sugar test) went from a 6.7 down to a 6. This means I do not need any more medication for diabetes! Also, instead of wearing an 18, I am in a 12, sometimes a 10! Food choices are still challenging for me, but I refuse to be the "healthy fat kid" any more! Every day I get a little bit closer to my goal. I can really see and feel the changes we've already made. Thanks Dan for not giving up and not letting me give up, and everyone else at GFDIR for your support and camaraderie!