

8WW Graduate - Barbara McGarity

Dear 8WW staff:

My gynecologist, Dr. Amy Harvey, recently informed me of your "8 Weeks to Wellness" program. She suggested in a nice way that I really needed to get more fit due to my various medical problems and weight issue. I left her office in tears. But I went home and discussed the 8WW program with my husband, who said "Give them a call." I did and attended your inspirational 8WW orientation which brought together the entire concept of "wellness" and made a lot of sense to me.

I felt I had everything going against me – very overweight, high blood pressure, Type 2 diabetes, high cholesterol, and a propensity for not exercising. The point in your orientation regarding medications especially hit home.

Now I feel I must write this testimonial to all of you, to your program, your ideals, and your people management skills.

Perhaps the greatest, unexpected benefit of 8WW is the wonderful overall feeling I now have about myself and life in general. The emotional result of true wellness cannot be overstated. I actually look forward to Monday "weighing in" and have lost a total of 31 pounds and 11.5 inches – just remarkable. Just as important, I've eliminated two medications. I've learned important wellness lessons for life!

To say thank you just doesn't seem enough. Each and every person at your center helped me believe in myself. Because the physical exercise training is the most challenging aspect of fitness, I especially thank Eric and Christian for making me believe I could do it.

I am currently in your "Masters Program" and look forward to working with Kristen as I join her 12-week nutritional program next month.

The impact each and every one of you has made on my life goes beyond belief. God bless you all.

With love,
Barbara McGarity

BMI went from 35.8% to 31.5%
Hemoglobin A1c from 7.1 to 6.3
Insulin 5.7 to 2
Health Satisfactory Score 78 to 136
Medical Symptoms Score 47 to 16

before



"The greatest benefit of 8WW is the wonderful, overall feeling I now have about myself and life in general."

after