



1. What was life like before you became a WPF client?

I was severely overweight, had osteoarthritis in my knees which was debilitating, could not climb a flight of stairs without pain, and my IBS symptoms were out of control most of the time.

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

I was not exercising at the time I joined WPF. I have been physically active at different periods of my life, and I have always enjoyed walking. Unfortunately, the arthritis was getting so bad that I couldn't even walk with out pain.

3. What originally prompted you to seek us out?

I originally asked my son if he would help me get into shape. He immediately referred me to Ryan and WPF.

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

I'm not even sure I really had a goal, other than to see if I could actually make it for a few weeks without quitting. I was scared and did not know what to expect. But I knew I had to do something, and I knew I needed some serious motivation, and that I would never be able to do this by myself.

5. Why was this important?

I had never taken this step before. Every other time I had decided to lose weight and try to exercise, I just joined a gym and thought I could just do it on my own. Joining WPF was a MAJOR investment of both time and money.

6. How long had you had this goal?

I have wanted to be thin for my entire adult life. I was much thinner as a young adult, and actually did reach a reasonable weight after my son was born, but I never had the tools to keep it off. So the weight just kept coming back on.

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

Seriously, it's complicated. I had many fears that held me back. I was afraid of everything, especially change. I wanted to be thin, but I wasn't willing to put in the hard work that was required. I just wanted to fast forward to the results.

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

I have done weight machines, step aerobics, swimming All of these things are great in and of themselves. But without a PLAN, you eventually flounder and fall back into old habits.



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

This was actually about both of those things. I had a problem which was bad health, so my goal was to get into better health. Being thin was a by product of achieving better health.

10. How did you originally hear about us?

My son.

11. What originally prompted you to seek us out?

Desperation.

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

I was scared, and also, honestly, prepared to fail yet again. It wasn't until I started working with Ryan and saw how motivating he was that I began to feel like I could really keep going.

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

The motivation. The fact that all exercises are planned out for me. I didn't have to think about it – just show up and do the work.

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

I have many physical challenges. My body does not always cooperate! Between intestinal issues, osteoarthritis, and general aches and pains, a 60-year-old body can be a difficult thing to change! It requires a LOT of willpower to keep going.

15. How did you overcome them?

I have persevered through the tough times and kept telling myself that I could do it. As the weight came off, I felt better about myself and didn't want to give up.



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

Honestly, the thing I am the most proud of is the fact that I kept going, even though I had periods where I might gain a few pounds. Instead of saying "oh, I made a mistake, so I'll just quit", I got right back to the program.

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

My view of myself has changed because I see that deep down I have the strength to see this through.

18. How do you feel about your future?

Really good!

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

I have a ton more confidence. I am not afraid to try new things. I am not the same person I was 8 months ago!

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

Still fat, in pain, and hating myself.

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

You have to have a plan! I always thought I could tackle this problem on my own, but I realized after many failed attempts that it just was never going to work that way for me. I also needed a cheerleader – someone who was on my side through the good times and the bad. And yes, you are going to have to pay for that! Dip deep into that wallet and understand that you will never spend your money in a better way – it is true what they say... if you don't have your health, you have nothing.