

A Wellness Weight Loss Success Story

Amy Hammett has been on staff at CWRU for 29 years, but in the last five years she has made a major commitment to her health and it has paid off! Here is her story.

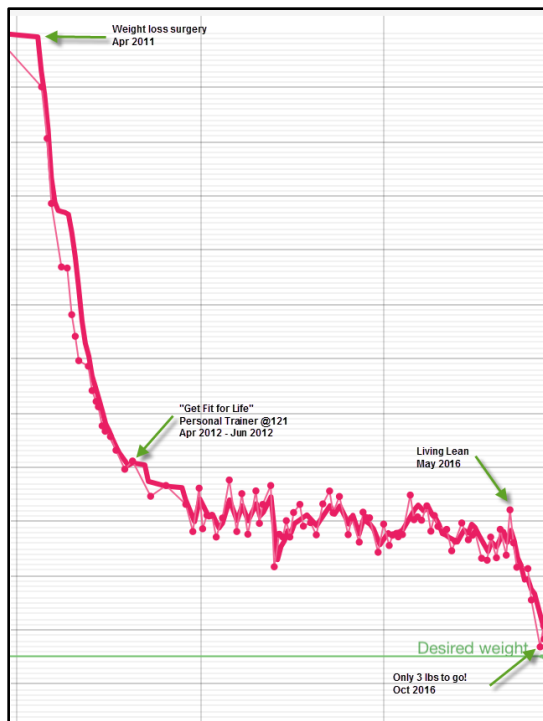
There are three things in particular that have changed my life over the last 5+ years, none of which would have been possible without the health benefits I receive as an employee:

- 1) Weight loss surgery, made possible through my CWRU health coverage,*
- 2) The Get Fit for Life program at the 121 Fitness Center,*
- 3) The online SelfHelpWorks LivingLean program.*

The weight loss surgery was my new beginning and it worked well. However, I knew that by having the surgery I would only be gaining a weight loss tool. The surgery itself is not a cure. I am convinced that if I had not later signed up for the 8 week Fit for Life personal trainer program at 121, I would have been on a path to regain all of the weight I had lost (and maybe more). My trainer Jason helped set just the right pace to make progress and yet I never felt overwhelmed. Because of this program, and the motivation and confidence I gained from Jason, I joined 121. I am now a regular at evening yoga classes, and have also taken advantage of many other options 121 has to offer. I feel great with less joint pain, better sleep, and more energy.



Although I had succeeded in losing over three quarters of my excess body weight, I still found it difficult to reach my goal weight. I knew that my relationship with food was what needed to be fixed. I was afraid that I could at any time regain all of the weight I had lost.



Just after Memorial Day weekend this year, I tried the SelfHelpWorks LivingLean online program. Through the LivingLean program, I have been able to gain new insights into my behaviors and have a new mental framework to use. By using this new tool, I have finally been able to get past my weight loss stall.

Altogether, I have lost a total of over 115 pounds and thanks to LivingLean am now only a few pounds away from my goal weight. Best yet, I feel confident and empowered to continue making great choices going forward.

I am especially appreciative of the health and wellness opportunities I have been able to take advantage of while here, and am proud and privileged to work at CWRU. On the left is a graph of my weight loss journey to date, since 2011. The LivingLean trend line slope looks pretty similar to the weight loss surgery trend line slope!