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CHRIS AND ANA MONTOYA

WE OWE OUR SUCCESS TO THE SUPPORT AND EDUCATION TO CNC!

WE DID IT!

THIS WAS US!



This used to be us but not anymore we learned that food is not a reward or a way to pass time. We now know how to eat and make good food choices. We both have a new way to pass time, we shop for clothes. No more specialty stores for us either!!!

In the last 12 years Chris and I (Ana) have been over weight. We never thought we could do it but between the two of us we lost over 300 lbs.

WEIGHT LOSS CHANGED OUR LIFE!

Chris and I met, got married and had a baby. Both of us kept our baby weight. From there we gained and continued to gain. In the end (Chris @ 443 lbs and I @ 303 lbs) were looking into Gastric Bypass. We were desperate. When our primary care recommend CNC. Chris looked in it and we decided to go for it. We went in and met the staff, went through all preliminaries (March .23, 2007). I have to say that I was really embarrassed about what I let myself become but the staff was understanding and encouraging. Chris within the first few months was down about 70 lbs and I lost 30 lbs.

The staff at CNC, Trace and Chris have been my support. They have been getting

us prepared us for eating healthy, to continue our weight loss and maintain our weight loss goal. I still struggle with meal planning but trying to create a whole new life style is tough. But with the help of CNC's education and diet plan I am confident Chris and I will maintain our success. The hardest thing for me was recognizing that I ate just to eat. I still think of this every time I eat. But I just think of how I felt when I was 300+ lbs., a pre-diabetic with high blood pressure, sleep apnea and joint pain that hindered with every activity. So far Chris has lost about 200 lbs. and I have lost 98.5 lbs. I went from wearing a size 26 down to 16/18. Chris was wearing size 56 and he now wears a 38.

The first few weeks of the diet I struggled the most with keeping the food diary, not having "crunchy" foods but that I felt constantly hungry or at least "I thought" I felt hungry. But



My graduation, May 12, 2007.



after a few weeks that I was fine. I was able to find ways to curb cravings and temptations. I even found recipes and foods to eat that were tasty, all with the help of my nutritionist, Tracy. With all her help and suggestions I came up with some great recipes that I adhere to even now during the exchange program. Every trip to the grocery I find myself checking each and every label of foods that goes into my cart. This I do not only for my benefit but for those in my house that I care about. My classmates

hate it when I tell them how many carbs or fats are in their snacks but it is important for everyone to know just what they are putting their bodies. Believe me, I learned that lesson the hard way.

Buffalo Spaghetti

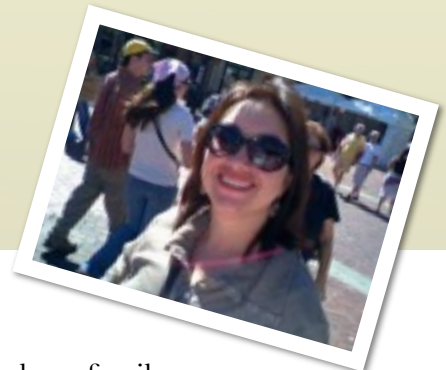
This is a recipe that I created while on the Modified Fast, it is full of protein and low in Carbs!

1 Lb. Lean Ground Buffalo Meat
2 cups Fresh cut Tomatoes
1/4 cup cut mushrooms
1/2 Bell Peppers
1/4 cup Chopped Onion
2 Pkg. Yakashi Soy Noodles
Garlic, Italian spices & Salt/Pepper to taste!

Spray some Pam cooking spray in a large pan. Start cooking meat with onions and peppers together.

When meat is done (no more red) or onions are translucent, add mushrooms and tomatoes. (You may need to add a little water.) Drain noodles and rinse. Add noodles for the last 5 minutes, split into 4's and enjoy!

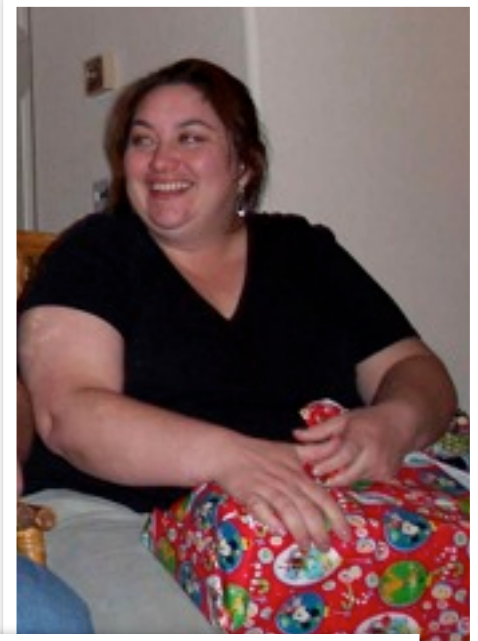
For 1/4 of the recipe:
256 cal;
13.9 gm fat
22.6 gm Protein;
11.4 gm CHO;



Exercise is still a struggle but we get to the gym when I can (I go to school full time, work 30+ hours a week, we have two kids, and Chris works 40+ hrs., teaches a college computer course). We try to feed our family healthy meals but with picky kids, impossible schedules and time that is precious it seems almost impossible but we try. This is the biggest challenge in our lives at this time.

This experience prove that success is obtainable when I was able to try on a pair of shorts that were 16/18. I no longer buy clothes in the plus size's section. Chris and I can go to almost any store now and buy off the rack. I can't express the joy it brings to me each and every time I can fit into a smaller size. I am so proud of my husband and myself for the incredible accomplishment we have achieved and continue to work at together. I admit that I still struggle with food (especially around friends and family) but that will be a struggle that I know I can handle. I always reflect on my behavior and try to understand why I over-ate and make sure that the next time I am in that situation I can control it much better. Chris has such a strong will and refuses to go back to the way we used to or over-eat unnecessary foods. Our decision to come to CNC was the best thing we could have done for ourselves. Learning to have a healthy relationship with food and yourself are tools that CNC taught us. We no longer over indulge when it comes to food. A little really does go a long way!

Chris and Ana



Remember...

... that planning is the key to success no matter what stage you are at. I find that keeping lots of veggies on hand keep the munchies away especially when you feel that you absolutely need something to eat. Celery is a great crunchy food. Cucumbers, lime juice and red chilé powder (try ~with a little salt) is a great snack. String cheese, pickles and sugar free jello also a must. Remember to take up a hobby that keeps your hands busy it really does help keep your mind off food. Good Luck!