

My name is Teri Finley. I started my new life journey in May 2003. I lost a total of 84 pounds. I went from a size 20 to an 8. I weighed 232 when I started and I now weigh around 150. I used the protein sparing modified fast for the first few months and then went on to the exchange program. I think it was about 10 months before I had met my goal. The easiest part for me was losing the weight. The hardest has been maintaining. Although I have to say I have done well with maintaining (now over a year). I was so tired of waking up in the morning and the first thing I would say to myself is "what fat clothes am I going to wear today?" I hated that feeling. I love the energy that I have now, the confidence, the clothes shopping and not to mention how healthy I am now.

I continue to go to see Suzanne sometimes biweekly sometimes monthly just to keep in line. I think that is one of the most important things I have done after losing my weight - is to continue to come and check in now and then. I think a lot of people think after they loose their people gain back their weight.

A few helpful tips I have found useful is to plan a day of the week and on that day that you cook and cut up vegetables and store them in the fridge. That way if your in a hurry you can just grab a baggy of veggies or protein, or fruit and go. Otherwise I think your more apt to grab whatever is there and fast (which usually isn't the healthiest)

I truly look at food so differently now. I sometimes forget to eat when I used to always be thinking about what the next thing I was going to shove in my mouth. I "think" fruit - vegetables, protein and Fiber. Just fuel to run my body. Just like gasoline to run a vehicle. I don't live to eat anymore I eat to survive and be healthy -

Thank you for helping me change my life!

Sincerely,

*Teri Finley*



**Before: 232 pounds**



**After: 150 pounds**

