

Success Story—Theresa Bergman

The Weight Loss Convoy has been a life changing experience for me. From the first time I met with Kelly, I was energized to take control of the behaviors that I had allowed to get out of control for so many years.

The Weight Loss Convoy has given me the knowledge to recognize the behaviors that I needed to change the most – the way I was eating and the way I was exercising (or wasn't exercising). The Convoy has given me the tools to help me make the changes, like food journals and fitness challenges, along with the encouragement to keep it up for almost a year.

The most important thing I've gotten from the Convoy is the understanding that I was in control of my own behavior and that I was accountable for my own actions. I have lost nearly 90 pounds in 9 months and I am confident that I will be able to continue my new healthy lifestyle for the rest of my life. I feel better and I look better! Good healthy foods and regular exercise are part of my daily routine now.

The Convoy classes are structured so that you can be comfortable and benefit from the class whether you like to share your experiences and struggles (and there will be struggles) or whether you prefer to be more introspective. Signing up for the Weight Loss Convoy was the impetus I needed to change my life & was one of the best decisions I ever made.