

About

About me

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Hello and Welcome!

My name is Joan. I have been following the WW Lifestyle since 2/13/18. After continuously gaining weight and having problems with my blood pressure directly related to my weight gain, I decided to do something about it. I grabbed my 2 besties and we went to WW. I started on 2/13/18 at 198.2. My goal was to lose 50 pounds by my 50th birthday on 9/9/18. I am happy to say that by mid August, I lost my 50 pounds! I made my WW goal of 146 on 9/11/18, I made Lifetime status on 10/23/18 and made my personal goal of 135 in November. I have been maintaining my 133-135 range since then. I went from a tight size 14/16/XL to a very comfortable 2/4/XS/S. I started running again and I feel FANTASTIC! If I can do it, anyone can!

