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## Dave Did It!

Business owner loses 138 lbs.\* on NutriSystem

I've had weight issues as long as I can remember. Eating habits at home were not focused on nutrition, portion control, or sensible eating when I was growing up. I have many memories of shopping in the "Husky" department for clothes when I was a child. However, I managed to slim down quite a bit in high school by becoming very active in sports. Throughout college my weight was on the heavy side, but it wasn't problematic. After college, though, the pounds kept creeping up and by 2005, I was a size 48 waist and growing—when would it stop?

Hi, I'm Dave, a 45-year-old business owner. I've been married to my wonderful and loving wife Mary for 5½ years, and we also have a happy Bichon Frise dog, Toby. I'm the president of a company that Mary and I own; we provide cutting edge systems and document management solutions to companies. This is my weight-loss story.

I was always a good-humored, good-natured big guy and, fortunately, I never felt as though I was discriminated against or had lost opportunities because of my weight. But the first time I felt it to be a major issue was almost 8 years ago when I gave internet dating a try. It seemed as though most of the women with whom I made contact placed a significant part of their pre-meeting criteria on weight; a common question was "Are you overweight?" It was as though they were super models looking for their perfect guy; this was a real shocker to me since I was being judged on my overall appearance before someone actually met me! (Fortunately, I met Mary through this same internet process and she didn't care about my weight issues, just about the guy inside the body.)

However, I finally decided to do something about my weight once and for all when I was getting too big for my comfort (my weight got as high as 314 lbs.). I wore XXXL shirts and, as I mentioned earlier, size 48 pants. Plus, although I had absolutely no weight-related health issues, Mary and I had concerns that I might develop issues going forward, especially with the current focus on Type 2 Diabetes and heart disease. A turning point came when I received treatment for a bruised knee; the doctor's notes described me as an "Extremely Large Man" (since that time, my wife and I have jokingly referred to me as an "E.L.M."), but it made me think: here I was, blessed with a loving wife and wonderful dog, and what a waste it would be if I were to pass away early due to some weight-related issue. I knew had to take control of my life and my growing physique. I needed to eat to live and not live to eat. After years of being told that I should lose some weight, it was time to do something about it.



Dave with his dog Toby.  
Dave has lost the equivalent of six  
Tobies\* while on NutriSystem!

\*Results not typical



Dave lost **138 lbs.\*** on NutriSystem and says,  
"Now, life is even better!"

\*Results not typical

One day I was watching TV and saw one of the NutriSystem commercials. I checked it out further on the NutriSystem website and decided to try the program. I actually started the Monday before Thanksgiving in 2005, probably one of the toughest times to start a diet. Despite that, I was able to stay with the program through the holidays and not deviate.

How? I was very pleased with the food's taste and the plan's variety. The selection is wonderful, the preparation is easy, and the results are phenomenal! Plus, being a busy business owner, the program helped me tremendously because it's so simple to take the food to work, on trips, or even on local transit for breakfast or lunch on the go. The meals are

convenient to heat in the office microwave or by using hot water from the office water cooler, and the snacks are great for eating on the run or at your desk. I even took NutriSystem food to hotels with me—they're an economical and sensible way to eat anywhere you go. The cost of the program is very reasonable as well.

I continued to lose weight on the program and lost a total of 138 lbs.\* This is how I put my transformation into perspective: I constantly measured my weight loss in pounds relative to our dog Toby. So far I have lost the equivalent of six Tobies—imagine losing the equivalent of over six 22-pound dogs\*! I am still amazed when I realize how much excess weight I was carrying around—and I was carrying that weight around all day, every day.

As a result of my weight loss, folks who have not seen me since I started the program are simply shocked. I love to see their expressions; their reactions are really amusing. They are amazed at the quantity of weight I lost. Even our co-workers, who we see all the time, cannot believe the results achieved from the program. And, of course, I received total support from Mary, who couldn't believe how easy it was to stick to the program and drop the weight.

Now, life is even better. I look at myself in the mirror and am still amazed that I am back to my high school weight! I have much more energy, I sleep less, and I am able to enjoy doing more activities. And the most challenging thing now is actually keeping up with my wardrobe. I wear size 32 pants\* and medium/large shirts, and it's great to finally be able to wear stylish clothing that fits properly (I've never been able to fit designer jeans prior to now) and not to have to shop in "Big Men" departments.

The ultimate reward, though, is knowing that I've reached a better place with my future health and that NutriSystem's program might contribute to, with God's grace, a long life with Mary. Life has always been great and always will be, especially celebrating it with my wife and family. Now I look forward to enjoying life more fully. I even find myself touting NutriSystem to friends and business associates almost on a daily basis.

Losing weight is not too hard if it's put in perspective. Ask yourself: is the additional portion or dessert worth the extra pounds? Look at what you're considering eating—is it worth losing sight of your goal and gaining weight rather than losing it? If you really want to lose weight, you'll lose it. Just focus. You can do it with this program.

—Dave

\*Results not typical