

Success Stories

Weight Watchers Federation Slimmer of the Year 2018



My weight loss journey commenced several years ago, when i joined the Greenwood Club. The members have supported me though weight gains and loses without being judgemental. This has kept me attending the meetings while trying to control my addiction to sugar.

I thought i had it under control 5 years ago but unfortunately i regained all of the weight i had lost over an 18 months period. 15 months ago my life changed, as with most people my age, changes occur and i needed to reevaluate what was really important in my life. i wanted to be healthy and happy and the spin off to this was loss of weight.

i changed my employment to a more hands on job and looked at my eating habits, losing quite a bit of weight by doing this. 6 months ago i commenced a gym program, not something i am excited about but it has improved my upper body strength.

Pauline and my sister Edna have inspired my journey and i have really appreciated the friendship and support i have received from members of our club. Thank you for having the confidence in me when at times i didn't.

Jeanette Fraser 2018 Slimmer of The Year winner with a loss of 30.1kg

Weight Watchers Federation Slimmer of the Year 2017



Hi my name is Pauline and I'm a 59-year-old mother of 4 and grandmother of 8. For most of my adult life I've struggled with my weight. Over the years, I've tried various weight loss programmes and fad diets but nothing ever seemed to give me long lasting results.

In 2016 my sister needed to lose weight and she asked if I would support her with her goal. I was more than happy to support my sister and figured if I could lose a little bit of weight myself then it might help with management of my Diabetes.

In March we joined Greenwood Weight Watchers and in 11 months I've lost 23.85kg. My sister has also lost weight and took on the role of chef for both of us. My family like to joke that since my sister started cooking for me I've lost weight so they're not sure how good a job she is doing.

The Greenwood Weight Watchers has been instrumental in supporting me and providing the encouragement. Some of the key changes I have been able to implement are limiting processed food and switching to a "clean eating diet". I'm also more aware of my portion control and the nutrition of the foods I eat. It's also important to not deny myself the sweet things in life but recognise them as occasional treats not all the time treats.

My family have been a valuable support for me as they encourage me, help me with healthy alternatives at

family gatherings and celebrating my success.

Through my journey, I've come to realise my weight loss hasn't been about "a diet" instead it's about adopting a healthy life style. I'm extremely proud of the results I have achieved. Not only have I lost the weight but my fitness has improved and my Diabetes levels are getting under control.



Weight Watchers Federation Slimmer of the Year 2016



Hi my name is Naomi and I'm so happy to be slimmer of the year for 2016. My weight loss journey has only really just begun for me and it hasn't been this easiest journey so far. I have had so much support from my family especially my amazing mum Debbie and Auntie Robyne who push me come to club every week even if I'm having a bad week. I really can't express how much they both mean to me and how proud I am to have them by my side through this journey.

I have lost 21kg in 23 weeks and I have pushed myself every week to walk further every day and eat as healthy as possible. I believe in low carbohydrate and no sugar. Meaning Eating like the cavemen did with only meat, fish, fruit and vegetables.

I'm only doing this for me, my health and to one day walk down the Aisle feeling absolutely beautiful and comfortable. I set small goals and push myself to reach them. Even though sometimes I may not reach them I reassess and create a new goal pushing myself more than before. I would like to thank Forrestfield Weight Watchers for getting me on the right track and for all those club members who support and inspire me each and every week. Naomi Anderson

2nd **Dana Quirk** from Rockingham WW with a weight loss of 16.5kgs and 3rd **Marg Burns** from Cannington WW with a loss of 16Kgs

Weight Watchers Federation Slimmer of the Year 2015

Hi, my name is Kerry and I am the winner of the slimmer of the year for 2015. My weight loss  for the year of the competition was 33 kilos. Over 18 months my total loss was 51 kilos. I had been a previous member of the Maylands club achieving a good weight loss before, having to leave the club due to work commitments. 10 years later and I had regained the weight I had lost. I was struggling to walk, stairs were a huge challenge and I could only walk around the shopping centre leaning on a trolley. Apart from this blood pressure was dangerously high and I was unwell. The trigger that sent me on my weight loss journey was a plane flight up north. The seat belt when I put it on was stretched to the limit and I realised that if I put on any more weight around my tummy I would have the shame of having to request an extension for the seat belt.

On my return I made the decision to return to the May lands club. I was welcomed back into the group with open arms, receiving lots of encouragement and support.

I used the awards within the club as a way I could achieves mall attainable goals allowing me a way to work toward my goal. I also counted calories and I kept a food diary which even went on holidays with me so I could keep track of what I was doing. There were times and still are when I struggle with the urge to binge eat. What keeps me on track is going to meetings and weighing in.

I am so happy I found the courage to go back and thank everybody in my club for their support.



***2nd Place Awarded to Marie Young Forrestfield WW And Colleen Winter Cannington WW
With a weight loss of 21.0 kg each***

2015 SLIMMER-OF-THE-YEAR-Photos

Weight Watchers Federation 2014 Slimmer of the Year



Forrestfield Weight Watchers Federation club member Karen Italiano lost an amazing 46 kilos to become the winner of the Slimmer of the Year 2014.

Karen has achieved this loss over a ten month period and is the first member of the Forrestfield club to win the title. Karen's life changing journey has been aided by the support of her family, friends and club members. In particular, Aileen the president, who is an extremely inspiring lady. "All the members have given such encouragement and support, it is very humbling" said Karen.

"I am absolutely ecstatic being able to walk into a regular boutique and buy something off the rack" she added.

Along with exercise and a healthier diet, Karen feels more energetic and motivated. She aims to maintain her new lifestyle and her goal weight.

The motivation behind this phenomenal weight loss was Karen's type 2 diabetes, which had become out of control. Her doctor warned her if she carried on, the way she was, she would need to go on insulin. Karen had an awakening and decided to join WWF Forrestfield. Her Mum, Del, a member of the club since March 2012 was herself a nominee for Slimmer of the Year 2013, achieving a commendable fourth place. This family bond has played a huge part in Karen's motivation and goals.



Slimmer of the Year 2013

Dianella Weight Watchers Club member Margaret Pammenter lost a staggering **39 kilos** and is the winner of our Slimmer of the Year for 2013. Margaret has lost over 100 kilos in the past 6 years and said how terrific it feels to be energetic again. She said her journey has “been very hard it’s difficult to be really good, there is never an easy day, but you have to change your **mindset**” Margaret has a saying that she repeats to herself often “ I will not buy or eat greasy, oily, sugary, white flouring foods.’ Will only eat live, raw, fresh foods. She said, say this often enough and it will sink in. Margaret also enjoys long walks most days, a far cry from not so long ago when she had trouble walking to the letterbox. The support she receives from her Federation Club has been very important she always felt comfortable attending the weekly meetings and encouraged everyone who needs to lose weight to hear the words in the pledge that members recite at their local community based Weight Watchers Clubs

Slimmer of the Year 2012

2012 Weight Watchers Federation (WA Inc) Slimmer of the Year lost 37kg during the 12 months competition period. Jennifer Finnigan, who has lost over 66kg in total, is a member of the

Rockingham Club. Jennifer said she had to get into the right head space before starting her weight loss journey. In the past she had tried many diets and other weight loss organisations but often did it all wrong, exercising too much and eating too little which lead to being burnt out and not feeling happy nor healthy. But with the help and encouragement of the members of the not for profit community based Weight Watchers Federation club she was encouraged to eat and exercise in a healthy way. Jennifer said she was “very grateful for the support she received from the club and other members. The Federation gives tips and helpful advise and some of the special guests that come along to our meeting are very informative and helpful. We are able to voice our concern and questions about our weight loss and these are answered or someone is always willing to research the answer”.

“My journey is not over yet, as I still have a little more to lose but I hope to reach my graduation weight this year and stay there”.

Slimmer of the Year 2011

Margaret, of Swan Bassendean Weight Watchers

Margaret has been a long time member of our club, so long she cant remember. In recent years she has only had limited success losing a bit here and there and putting it back on. But last year, she had had enough. Health wise Margaret says she was not not feeling good. Her knees were giving her trouble, blood pressure through the roof and she was having kidney problems. She had bumped into a friend she hadn’t seen in a while who had lost weight and Margaret thought it was time for her to do so also. So she went on a strict eating plan and with the support and encouragement from her family and her friends at club she lost 23kg to win the state wide competition. Margaret cut out

many things and only occasionally eats them now.



ELLENBROOK COMMUNITY WEIGHT LOSS CLUB JULIE CLARK

When I started with the Ellenbrook Community Weight Loss Club I weighed in at 156.1 kg on 11th April 2012. In all the time I have been with the club I have never missed a club meeting, regardless whether I know I have gained weight, I still must go and weigh-in.

This meeting is so important to me & it is my night & my time for me.

On the 27th February 2013 I weighed in at 122.6 kg and lost 33.5 kg this took me 10 months to lose this weight. I have won every award of the club Princess of the Month, Queen of 3 months many, many times. Consistency Awards many times. Highest Weight loss for the week, I can't remember how many times. I have actually made money from this club, where as other Weight Watcher Groups it costs lots of money to lose weight. So I have been very, very lucky.

I was Slimmer of the year for the club and nominated to the Weight Watchers Federation W.A. Inc for Slimmer Of the year and came 2nd for 2013 the winner of this year had a huge weight loss, from another club.

But I am still losing weight, it has slowed down a little bit, but I have now lost 46 kg. and I am still winning lots of awards from the club.

I must thank Shirley our club President who has encouraged me all the way, sometimes she knows I am on a downer and she will phone me to talk to me & this does help me to get back on track. I am very busy looking after two of my grand-daughters who keep me on my toes. I have now started doing the exercises before the club meeting on Wednesday nights & find it very enjoyable. Now that I have lost 46 kg I can start to exercise.

I know I still have a long way to go, but as long as I keep attending the club meetings every week, I know that I will reach my Goal Weight.



JULIE MUNRO

I started with the Ellenbrook Community Weight Loss Club 18th May 2011. From that day I did not look back. I took out every award the club had to offer and never missed a club meeting. By the end of February 2012 I lost 27 kg. It was hard over the Christmas break but I was in control of my eating & exercise. I was the clubs Slimmer of the year for 2010/2011. They then nominated to the Weight Watchers Federation W.A. Inc for Slimmer of the year to compete with 40 other metropolitan & country clubs. I came 4th but I was so proud of my fantastic achievement of losing those 27 kg. I have a young family so I am very busy. Shirley & the group of club members were so supportive and encouraged me along the way & I am so grateful and would recommend this club to anyone.



Caroline Blake

In October 2008 I spoke to my doctor about feeling tired and breathless. As I had a previous medical history of some heart problems she sent me for some tests that included an echo cardiogram. Whilst I was having the echo cardiogram I knew that something was not right because the technician kept checking her measurements. I asked if everything was alright but all she would say was I am going to let you go back to work and your doctor will call you shortly.

The echo cardiogram had shown that I had some fluid around my heart and a large aneurysm of the ascending aorta where it leaves the heart. I was booked in to see a cardiologist and more tests were done to get a very accurate size of my aneurism and to see if there was danger that it would rupture. When the test results were in the cardiologist explained that my aneurism was just slightly smaller than the size that necessitates immediate surgery and that I would be monitored as most aneurisms grow overtime. The cardiologist was very direct; I had to make some lifestyle changes and I needed to lose some weight.

A few weeks after this diagnosis I was watching a medical program on TV where they showed the operation that I was going to have to undergo if the aneurysm got any larger. I was very disturbed by what I saw. It was very frightening.

About the same time we received a pamphlet in our mailbox about the Ellenbrook Community Weightless Club and my husband Ian, rang Shirley the president for some information. Ian was unhappy about his weight gain and was wanting to lose some weight also. Shirley didn't have any other male members at that time so she asked Ian if he had a wife who would be interested in attending. On the spur of the moment I said yes I would come too. The truth was it was time to stop telling myself that I had an underactive thyroid and that was why I was overweight and do something about it.

We both came to the first meeting of the 2009 year. They had just painted the club's meeting room and the smell was so strong that we had to meet outside in one of the gazebos down by the lake. I weighed in at 91.5 kg. I felt very embarrassed. However the other members were most supportive and friendly. My husband Ian was the only man but he didn't mind and the ladies were very welcoming. We now have a number of male members.

Over the ensuing weeks I steadily lost weight bit by bit. Most weeks it was in the vicinity of 0.5 - 1 kg. Having to jump on the scales each week made me accountable for what I ate each day. There was also the ever present fear that I was going to have to undergo the operation to repair my aneurysm and I had to do something about avoiding this if possible. Initially my doctor suggested that I go for a 10% weight loss down to about 80 kg as he said in his experience that was more manageable than a huge loss. I subsequently went back to him and we then agreed on 74 kg. I reached my goal weight in September 2009. I have continued to lose a bit of weight and seem to have stabilised at about 68 kg.

In 2010 I was Ellenbrook Club's Slimmer of the Year and I was very excited to find out that I was equal second in the Federation's Slimmer of the Year competition with a loss of 24 kg. I know that I owe my success to the support of my husband and club members particularly Shirley our president. I could not have done it without them. Their ongoing friendship, support and encouragement is what has enabled me to firstly lose the weight and then maintain this weight loss in the following two

years. I still attend our club regularly and weigh in. I believe this had helped me maintain my weight.

When I returned to see my cardiologist he was delighted with my transformation and could not believe the weight loss I had managed. Even better was his news that my aneurism had not grown at all and seemed to be stable for the present.

Since graduating in October 2009 I have maintained my goal weight for 4 years. I still attend club meetings.

This is what I found worked for me and I still keep basically to this diet today.

- Breakfast: 1 Oatbrit, muesli. Yoghurt, milk, coffee.
- Mid-morning snack: Carrot and celery sticks and 1 banana.
- Lunch: salad and tuna or soup in the winter.
- Mid afternoon snacks: Apple and 3 corn-thins.
- Tea: Hand sized portion meat, chicken or fish with about 5 vegetables.
- I can now deviate from this once or twice a week but no-more than that.
- I usually only have alcohol at the weekends, not during the week and then only 1 glass.

What have I learnt about weight loss?

It's in your head. You have to make your mind up that you are going to lose weight.

You have to be consistent. No good being good for a few days and then breaking out and wondering why you don't lose weight.

You have to eat less. We need less to eat than when we were younger!!! As you get older your metabolism gets slower.

Exercise won't shift weight on its own.

Exercise has to be consistent. You have to work out what you can maintain and then work to do this. No good going all out for a few days and then doing nothing for the next fortnight.

Cindy

One of our most inspiring stories is that of the current President of the Dianella Weight Watchers Federation (Inc) club, Cindy. Cindy was diagnosed with MS some years ago and at the time weighed 135kg. She decided enough was enough and cut her portion sizes by half, started eating healthily - including breakfast which she never ate before - and joined a gym. She lost 55kg on her own before going along and joining Weight Watchers Federations (Dianella club).

An Inspirational Story

Cindy has now lost another 13kgs with the support of the club and weight in on the scales each week keeps her motivated. Her dress size has gone from a 26 to a size 10. Today Cindy is a picture of health, she has so much more energy and is really enjoying life.



Cheryl Cannington Weight Watchers

Hi, I joined Cannington Weight Watchers way back in 1998. At that time I weighted 91.2kgs. I told myself that was it, no more weight on.

It was great to know that I was not alone! The members at Cannington gave me the support I needed and I graduated in July, 2004 weighing 76.2kgs.

I made a promise to myself to try walking 30 minutes every day. I am still walking most days for 30-45 minutes inside our house. I go through the kitchen, dining room, hall, lounge room and change direction every 5 minutes. This is my time each day.

After a visit to the doctors a short time ago I found I has lost a little height, which meant I had to loose 3 more kgs. I have now achieved that and weigh 73kgs. I find walking each day takes away my stress, helps me think clearer and I stay fit and healthy.

I know I need the support I receive from Cannington Weight Watchers Federation and attend every week. I have an exercise book that I write any relevant information gained at the club.

I found that you must be kind to yourself and remember the three 'P' words - Patience - Persistence - Perseverance.

Lose weight slowly and it will help you to keep it off. I can now eat most foods in moderations, but still need to be aware of my downfalls, which are ice cream, cake, biscuits and chocolate.

If you need to lose weight I recommend you join your local Weight Watchers Federation group.

In 2010 I received a Loyalty Badge from our president. The president and committee do a great job at our club and I would like to thank them for the supportive club they run at Cannington.

Cheryl.

Weight Watchers Federation Make a mark on Everest

"Thursday 26th October 7.45pm - Sleeping at Gorak Shep 5288m

Its been a big day today and I cant remember the walk here in the morning, can only recall this afternoons/evenings efforts - coming into our camp in the dark, just after 6pm having been to Everest Base Camp....it has been an emotional afternoon...along with talking in my head to Roger, Mum and Dad, Tamara, the gang at weight watchers and walking group I have been questioning my sanity....this afternoon really took the wind out of me and I would not have been able to go another step...but I have made it, we all made it... I am LIVING THE DREAM"

These are extracts from my diary written in my little orange tent with the temperature falling to minus 15 degrees and after walking 10 hours. I was exhausted. Prior to my leaving I referred to my little adventure holiday as a walk up a hill, it was far from it. It was physically hard work. I had been in training for a year and was so pleased I hadn't done a minutes less exercise. It also made me look into my soul and back again. It was a humbling and rewarding and an amazing experience.

The Himalayas in the Everest region are remarkable, the mountains are so special - I have been told my photos look like postcards and of course Mt Everest is so special. I have seen her from many angles, in different light and she is just so beautiful. The Nepalese people are gentle and kind and without their help us sea level folk would have found it so much more challenging.

During the months prior to my leaving my club, Swan Bassendean, had organised a competition where every member earned steps to 'climb Everest' which ended on the eve of my departure. I was presented with a flag, made by a weight watchers club member to carry up. I was very proud to leave my club flag flying in the breeze, attached to some prayer flags at the base camp glacier. I only wonder what people thought when they saw that a Western Australian Weight Watchers Federation club had been there.

Safety Bay Slimmers

We are happy to announce that two of our members have recently graduated, and in the same week too!

Pat Heatley has lost 7.8kg. She has been a member of our club for about 10 years and said it has taken her a long time to reach her graduation weight and she can't believe she has finally graduated.

Pat Warren joined our club in 2011 and was our club entrant for Slimmer of the Year for 2011. She reached her graduate weight after losing 12.1kg.

Well done to both ladies!

It doesn't matter how long it takes you to lose your weight just as long as you take that first step. It's a challenge, we all know, but with support from our fellow members it can be achieved. Many members have said that by weighing in each week, it has made them more aware of how they are going with their weight loss.

Pat Heatley and Pat Warren

