

Lose-to-Win Success Stories

Margo:

- Gentleman lost 1-2 lbs. per week. He has an artificial limb due to amputation from diabetes complications. He is feeling better and walking better. He now takes walks down the streets when before he could only walk to the end of the driveway.
- He started controlling his portions and drinks a glass of water first.
- He no longer drinks whole milk, switched to skim or 1%.
- He lives in a group home.

Don C (Active with local Senior Clubs and Lose to Win Trainer):

- Lost 30 lbs. He has 10 more pounds to lose.
- The program worked because it was simple, gradual and forgiving. Simple: switch from refined foods to whole grain foods. Switch from cookies to low-fat and low carbohydrate foods.
- Gradually reduced caloric intake by 500 calories a day by eliminating a certain food or aerobic walking.
- Forgiving: we are humans and we are going to fall down, we will miss or even give up on our goals. The program teaches us that this is okay. Just like you reset your pedometer, restart on your goals the next day. Reach your short-term goals and work towards your long-term goals.

Maxia J. (Member of the French Speaking Baptist Church and Lose to Win Trainer):

- She is known to run 2 Lose to Win programs concurrently.
- She is an inspiration to her community and should get some kind of an award for everything she does for her community.

Wesley K. (Nyack Hospital employee and Lose to Win Trainer):

- A male in his early 40s who lost 50 pounds in one year because of Lose to Win.
- He is so proud that he can now tuck in his shirt and wear a belt.
- He no longer takes his family to all you can eat buffets.
- He walks Rockland Lake daily.

Sara A.:

- A 50-year old female Lose to Win participant who was an inspiration for entire class.
- She lost 25 lbs. Went from a size 18 down to a size 16.
- She was cautious regarding food intake.
- She began to swim.
- The group went to the park on the last day, shared a picnic of carefully selected foods and all took a walk together.

C. M.:

- A 22-year old male who weighed over 400 lbs. when he joined Lose to Win.
- He has now lost 56 lbs and is continuing to lose.
- He is reading labels and reducing portion size.

- He is trying to teach his 4-year old daughter about good food choices including avoiding junk food and enjoying exercise.
- He tries not to take his car if he can avoid it.

Regina C.:

- A 45-year old female who was very negative at beginning of the program.
- She stated “I’ll never do it”, diets don’t work for me.
- She attended the group every week and was very successful, losing 8 lbs.
- She continues to lose weight.

Vedeta H:

One of the most influential trainers for the Lose to Win weight loss program has been Ms. Vedeta H. As part of the first Lose to Win training program, Ms. H. has been a vocal and visible community supporter of the Lose to Win program. She has taught several successful weight loss programs in different locations in the community. As a result of her participation in the Lose to Win initiative, Ms. H. has lost 52 lbs. and talks about how her weight loss has helped her improve her health and increase her energy and activity level. She is truly a role model and walking advertisement for the Lose to Win program.

As an advocate for the underserved, ethnically diverse communities of Spring Valley and Haverstraw, New York, she continually emphasizes the importance of good nutrition and the long-term impact on health. As the Executive Director of CAPROC (Community Action Program of Rockland County), she instituted agency policy regarding healthy snacks, eliminating soda, and including movement breaks at all agency meetings that exceed 2 hours. As part of the agencies Kafe/Hot Lunch Program, menus have been adapted to reflect proper portion sizes and balanced meals. In addition, she began an Adult Walking program as part of her organizations community programming. She is collaborating with other non-profit agencies in Rockland County including Cornell Cooperative Extension to offer nutrition workshops for her clients. By teaching, practicing and living a healthy lifestyle, Ms. H. directly influences her community and has helped to change behaviors for many families she interacts with on a daily basis.