

## 'Extreme Makeover' Occurs for a Co-Worker

Have you seen **Sarah Deering** lately? She has a new name (formerly Treichel) and a new body thanks to Weight Watchers, the Wellness program and her commitment.



**Sarah before Weight Watchers.**

Early in February, Sarah joined the on-campus Weight Watchers program, sponsored by the ARCC Wellness program, to lose weight for her summer wedding. By earning 50 wellness points, Sarah qualified for personal wellness initiative funds. She received \$100 to off-set the cost of the program. The first week in the program, Sarah lost 4½ pounds, the following week she lost 1 ½ - 2 pounds and then the last four weeks she lost ½ -1 pound a week. The total: 35 lbs in three months.

"I was having a hard time getting up in the morning," Sarah says. "And my feet hurt. Someone mentioned plantar-fasciitis. I don't know if I had that, but now that I've lost the weight, my feet don't hurt anymore."

The Weight Watchers program that helped Sarah feel so good meets every Tuesday, at the Coon Rapids Campus from 12:30-1 p.m. for weigh-in and 1-1:30 p.m. for meetings that include handouts, recipes and discussion.

"We are courteous about weigh-in," Sarah says. "We stand back about five feet from the scale and they cover the numbers so no one can see."

For more confidence, weight is discussed only in amounts lost, not gained. People can talk about weight gain if they want support, but participants are encouraged to celebrate positive achievements.

The last session at the Coon Rapids Campus drew about 15 people. This fall another program will be

offered at the Cambridge Campus. Information sessions will be held Sept. 4 at the Coon Rapids Campus and Sept. 5 at the Cambridge Campus.

The Weight Watchers program is based on a point system which is determined by weight, height, gender, age and activity level to help participants count their calories and find a healthy way to eat.

"I was most surprised about healthy portions. The portions were small, especially the cereal. I quit eating fries when we go out to eat. I give them to my husband and order vegetables. I also cut my meals in half."

Sarah's husband, Kyle has benefited from Sarah's new lifestyle too. For example, she no longer buys pre-packaged pasta meals due to their high calorie and sodium content and she replaces meat with vegetarian products on occasion. These dietary changes are great news for Kyle because Type 2 diabetes runs strongly in his family.

Diabetes is currently being called a national epidemic. According to Weight Watchers about eight percent of U.S. adults have been diagnosed with Type 2 diabetes and most are overweight. According to the Centers for Disease Control and Prevention (CDC), 85.2% of people diagnosed with diabetes are overweight.

Since the weight loss, Sarah says her body feels much better. As a bowler, she has counted her weight loss in bowling balls. "I've lost three bowling balls! When I run up the stairs, I don't get winded anymore."

Not only does Sarah feel better, she looks better. A friend's wife recently saw a two-year-old photo of Sarah and one from her wedding this past July and exclaimed, "It's like *Extreme Makeover!*"

Sarah says she highly recommends the program and hopes to become a lifetime member.

"If you work the program, it will change your life."

For more information about the Weight Watchers program, be sure to attend one of the information events. For more information about the Wellness program at Anoka-Ramsey Community College contact the chair of the Wellness Works committee, **Joyce Traczyk** at x1243.



**Sarah after Weight Watchers.**

*Designs for Distinction Strategic Objective III*

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