Success Story

Kathy’s Story
Preschool Teacher – The Ohio State University Child Care Center

After a January 2017 biometric screening, which measured her height, weight, body mass index, blood pressure, blood cholesterol, and more, Kathy McNutt, a preschool teacher at the Child Care Center at The Ohio State University, knew that she needed to make serious changes if she wanted to be healthy. When she learned that her employer offered discounted Weight Watchers memberships, she asked herself, “what do I have to lose, but weight?” and signed up immediately.

Instead of focusing on the total amount, Kathy decided to set less overwhelming mini goals. Her first was to lose 30 pounds before a Florida vacation planned for March — and she lost 28*. Then, in April, she achieved that 30-pound goal* and was able to stop taking her blood pressure and acid reflux medicines. “The weight was coming off, and I could see the results,” said Kathy. “I thought to myself, I can continue this.”

Today, Kathy is 59 pounds lighter and happily looking forward to losing the last 30. She tracks her activity, and now averages an impressive 12,000 to 15,000 steps every day. And she’s still sticking to her small goal plan and maintaining her sunny attitude. “Never say never,” Kathy advises. “It’s never too late to change a habit or a lifestyle.”

*People following the Weight Watchers plan can expect to lose 1-2 pounds per week.