

Jerome's Weight Loss Story

In 1987, I was a fit, 220-pound single guy that ran six miles a day, weight lifted and taught aerobics three times a week. I met and fell in love with my wife and life began to catch up with me! I started making bad decisions by decreasing my activities and eating unhealthy foods. By the time we got married in 1988, I had started to gain and was at 275 pounds.

When our first son was born in 1989, the scale reflected my weight at 350 pounds. Nineteen years later, on August 4, 2008, I weighed 493 pounds. I had high blood pressure, sleep apnea, early signs of kidney and liver issues, and poor circulation in my lower legs. I was worn out all the time!

When I went to Walmart to do the shopping, I needed to lean on the cart as soon as I got one and had to lean on it the entire trip. By the time I made it to the check-out counter, I was dripping in sweat! I was tired of being pointed at by little kids who said, "Look mommy, there's a really fat man!" At least some kids didn't know how rude they were, but the adults did. I was at a company golf tournament once when a bike rider rode by and yelled, "Oh my God! Get out of that cart and walk!" There is no describing how humiliating that was.



"My waist has gone from 72" to 32"!"

Jerome lost 287 pounds!

Time for a change

I was the one responsible for this weight gain and as I edged closer to 500 pounds the time had come to do something! Through mid-December I yo-yo'd between 470 and 490. During this time, I had witnessed a friend of mine lose 30 pounds[†] in 3 months on the Medi-Weightloss Clinics® Program. I finally decided to corner her to learn about the diet she was following and began following a low-carb diet on December 23, 2008. I viewed this journey as a long slow marathon. My initial goal was to lose 90 pounds in '09! In just two short weeks, on January 6, 2009, I was already down to 478. I then called Medi-Weightloss Clinics® in Andover, Kansas, and set up my first appointment with Dr. Jeannine Cobb for January 23, 2009, weighing in at 454 pounds.

Incorporating exercise

The next week, I started to exercise. It wasn't much, just 15 minutes, three times a week on an exercise bike. Fast forward to the present and I take 4-6 spin classes a week, lift weights 3 times a

week, and walk/jog four miles in 40 minutes, three times a week! In May 2010, I completed my first 10k since 1985 and it was as easy as 1-2-3 (1 hour, 2 minutes, 3 seconds)! On October 10, 2010, I completed my first half marathon in under three hours! Just think, 22 months prior to that I couldn't have walked a block.

This journey has had lots of milestones, but one of my favorites occurred in early August '09 when I took 4 large trash bags of all my 4X and larger clothes to the DAV and again in December '09 when I took 3 more bags of 3X and bigger clothes to the DAV because I am never going to need them again!

In April 2010, I was 193 pounds, which equates to a loss of 300 pounds. † My waist has gone from 72" to 32"! I am proud to say I have not had a gain week or even stayed the same during the entire process! That's right, I've had a loss every single week and needless to say, the Walmart trips are a breeze now, and yes, my wife is even exercising and eating healthy with me and has dropped over 110 pounds! † She is also going to Medi-Weightloss Clinics®!

Life after weight loss

I am just loving the added energy and freedom I am experiencing with this great weight loss! My health is the best it has ever been! My blood pressure, the kidney test results, and liver readings are normal now! I don't use the sleep machine anymore!

I share my story with everyone I meet and hope to inspire many to try the Medi-Weightloss Clinics® Program to realize their dreams.

I am so thankful for Medi-Weightloss Clinics®. They have given me my life back and are truly The one that works!®

— Jerome from Andover, KS

Results not typical.