

Weight Watchers Success Story

Lynnette Schroeder

Spouse of Dana Schroeder

Lynnette Schroeder describes her experience with the Health Weight Support Program as a “true gift from Advocate.”

Lynnette participated in free Weight Watchers sessions for her support program, which helped her meet her health and BMI goals. “I admit that I was afraid I wouldn’t achieve my weight loss goal, but I am thrilled to say, ‘I did it!’ “

Lynnette says she wouldn’t have joined Weight Watchers on her own because of the expense. But now that she’s experienced the education, support, and weight loss, she plans to continue attending sessions so she can keep making healthy choices.

“I really appreciated the chance to learn effective ways to make the changes and develop habits that I can live with. I took the program seriously, followed their recommendations, and kept exercising on a daily basis. I learned about which foods were healthy for me and built my diet around those foods. I also learned to control portion size; to drink a lot of water; to cut out pop; and to snack on fruits and vegetables. Overall, I learned that I don’t have to suffer in order to make needed changes.”

Lynnette also shared her journey with her husband. “Every morning we walk together and get our first 5,000 steps counted on a FitBit. Then we put in another 5,000 on our own the rest of the day. What I learned from Weight Watchers about food choices, portion size, etc. made a great impact on me. My spouse says this has assisted him as well.

“I’m thankful to Advocate for providing this benefit,” Lynnette adds. “I feel healthier and happier, which is a gift to myself. I have positive energy for my life, work and relationships. I feel comfortable in my clothes and feel good about the way I look. And I appreciate knowing there are other people like me who are working on the same changes I’m making.”