

## WEIGHT MANAGEMENT SERVICES

# Patient Testimonial

Having been overweight her whole life, Stacey Meinen of Bloomer had tried everything to lose weight, with only temporary success. When her friends suggested that they all try Mayo Clinic's Weight Wise program, she was determined to keep the weight off for good.



"When you spend your whole life overweight, you worry about things, like fitting into rooms and spaces," Meinen says. "I didn't want to be the biggest person in the room anymore."

When Meinen and her friends started the Weight Wise program in 2013, they stuck to the program's healthy diet plan that incorporates proper servings of fruits, vegetables, lean protein, fat-free milk products and whole grains to minimize food decisions and promote weight loss. They also attended the group classes every week.

Meinen noticed the number on the scale going down right away, and about two months into the program, she noticed her pants had gone from tight to loose.

"My weight loss wasn't rapid, necessarily, but I saw significant changes," Meinen says. "The plan was sustainable for me because it held me accountable, and group classes were great support."

Meinen's dedication resulted in a 100-pound weight loss and a decrease in pants size from a 28 to a 16. Her overall health also improved, leaving her feeling energetic and comfortable in her skin.

"I used to get out of breath going up the stairs, and now it's easy," Meinen says. "It's also more than just the number on the scale going down. My outlook on life is much more positive now."

Meinen says she is committed to her weight loss journey this time around because she is finally in the right mindset. Working closely with Pamela Franz, Weight Management Services, Meinen says she stays motivated and continues to make healthy choices.

"You have to find what works for you," Meinen says. "I was always the biggest kid in the class, but I changed that. If I can do it, anyone can."

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**STACEY**  
Pounds Lost: 100  
Lost her weight in:  
2013 – 2015

