

Pat Perry: A Quest, not a Success



I became involved with Vessell's back in June of 2003. I was in my early 50's and concerned about weight that I had gained. I had seen a hypnotherapist to help me get on track and he recommended Vessell's as the place to try in Rolla. He said it was family owned and the staff cared about the customers. I signed up on a "summer package" to see how it would work.

Tonya was pleasant and helpful getting me started. Jeanne set up an exercise program and I started to work out. I lost the weight I wanted to and decided to keep up my membership due to the people I had come in contact with. I started attending Stretch & Pilates classes on Fridays and got to know several other people who were interested in trying to stay healthy. Peggy, David and Nathan all became friends as we got to know each other better over time.

I have always been an emotional eater- I turn to food when stressed. Over the years, I found that the weight started to creep up on me again. By last summer, I was at the highest that I ever had been and not feeling well a lot of the time. I didn't have energy or the desire to do a lot. I ordered a book from the Mayo Clinic called "the Mayo Clinic Diet". What intrigued me about the book was the slogan-"Eat well. Enjoy life. Lose Weight".

The motivational aspect of the book is what got to me. It talked about finding your inner motivation by evaluating the good things in your life and cutting out the things that cause you stress. I have always been someone who tries to fix things and have a difficult time saying "No" when I get asked to do something. So I started the process of soul searching and trying to find out how to carve out "Me time" in my life. I then had a talk with my FNP about losing weight and he prescribed an appetite suppressant to help. Now mind you, I finally started this in October so I was going into the holiday season doing this. Two weeks into the process, Peggy asked if I was losing weight. I fessed up to taking the appetite suppressant and she was supportive by saying that sometimes we need extra help. By the end of three months, I had lost 26 pounds. My goal was 30 so I am still striving.

I have realized as I am nearing the end of my 50's that it is not realistic to expect that I will ever be a size 6. But I know that I feel better when I fit into size 10-12 clothes than I did when I pushed size 16. I am grateful for the support that I have received from everyone at Vessell's. Several years ago, I convinced my husband to join us when the doctor was concerned about his diabetes. He was always active outdoors and cut wood but didn't get much cardio. I usually drag him along with me when I come in to workout. I look forward to Friday classes and sharing with everyone there- we try to keep up with each other and check on people when they've missed a few sessions. That's what is really great about this quest- that it is ongoing!