Ilena Rosenstein, Office of the President

When/why did you realize that you needed to take action?

When my clothes (even the biggest sizes) did not fit. I also wasn’t able to wear my wedding rings. I thought about just buying bigger sizes of everything and having my jewelry resized and then it hit me that I needed to solve the problem not ignore it.

Why did you join Weight Watchers at Work?

Honestly, the office closest to my house closed. At first I wasn’t interested in going to meetings and weigh-ins at work, but necessity dictated that I did. I now enjoy going and seeing familiar faces. The WW staff is great and the support and caring from other members is wonderful.

What healthy habits did you start to incorporate in order to lose weight?

First, by tracking what I ate – if you pay attention to how many points a day you should use, eating better just makes sense. I began eating more fruits and vegetables (0 points) and am careful on how I use my points so I’ll opt for grilled food verses fried, less sweets, etc.

Have you incorporated any exercise into your weight loss goals?

Some – I’m not a big gym person, but I did join and try to get myself there a few times a week. I always feel better when I go.

Did you change your eating habits?

Yes, I am mindful of quantity and quality of food – by using the tracking system, I can plan out my day and decide what to eat. The plan works if you follow the program and the results are amazing.

What small goals did you set for yourself?

I really wanted to get to my goal weight so I followed the WW plan closely. I didn’t have a set amount of pounds to lose per week; I just tried to stick to the program, went to weigh in every week, and was motivated by the weight loss. I ended up losing 44 pounds.

What is your personal weight loss motto?

Let your success continue to motivate you.

Do you have a favorite healthy recipe?

I don’t, but there’s almost always a way to take any recipe and make it healthier by reducing fats and sugars.

What is the most important tip you would give to someone considering joining Weight Watchers at Work, or just planning to start their personal wellness journey?

Don’t put it off – the time to start being better to yourself is now. There are a lot of other people who are in the same situation and support is key to being healthier.