



IN THEIR OWN WORDS

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My life was in a downward spiral. I had just been laid off, I was a little over 300 lbs. and I was truly unhappy. I had lost weight before but I gained it all back and just couldn't seem to break myself of this vicious cycle. It was then that I realized I needed to do something. That's when I found H³. It looked like exactly what I needed to jumpstart a healthier way of living.

I stayed at H³ for three weeks, and in just those three weeks—I not only lost 24 lbs, but I completely transformed my life. It's wasn't that I didn't know what to do; it was that I didn't know how to do it. H³ taught me how to change my behaviors—how to eat healthy and how to exercise.

My stay was the complete mind, body and soul experience. It really made me open up—and want to do everything I could to change myself, to turn things around. I understood that this program is about choice—and you get out what you put in. It was then that I committed myself to the program 110%. For me this was more of a mental journey rather than a physical one.

Over the course of this past year or so, I've completely turned my life around. I've traveled the world, I'll soon be receiving my MBA, and I've continued to lose weight—a total of 92 lbs. My energy has shot completely through the roof—everyone from my family to acquaintances has noticed the improvement in not just my looks but my attitude and actions. I feel as though now, the sky's the limit! And not only am I healthier, but my family's seen the change in me and decided they too want to embrace a healthy lifestyle. My father has gone on to lose 25-30 lbs.

When I first left H³, I set mini-goals. Ten pounds here, twenty pounds there—but never did I think I could reach a total of 100 lbs. But now, 92 lbs lighter, I can see the 100 lb. mark is within my reach.

