

IN THEIR OWN WORDS

TRACY RODGERS

My story is nothing new, really. I've struggled with my weight for most of my adult life. I'd try a diet and lose a few pounds, then gain them back (and then some!) when I went back to eating normally. For about a year, I gave up entirely. I was extremely overweight, and I knew it, and I hated it...but I just couldn't bring myself to do anything about it.

Finally, something broke. I'm not sure what prompted it, but I was tired of being embarrassed by my size and concerned about my health. I'm twenty-nine years old, and there was no way I was going to still feel like that when I turned thirty. I did some research online and started planning my trip to South Carolina.

When I arrived at Hilton Head Health on March 29, 2010, I weighed-in at 219.4 pounds, officially the largest I'd ever been. I spent a week at H³ (with my mom!). While I was there, I tried my first-ever yoga class and promptly fell in love. I learned new ways to think about food and health, to really pay attention to the things I put into my body. And most importantly, I think, through my time there, I finally made a real commitment to myself to make the changes I'd been putting off for so long.

Four months after leaving H³, I weigh 175, just shy of 45 pounds less than I did when I arrived. The changes in myself are incredible. I read labels on everything. I don't drink soda. I cook more now than I ever did before. I take spin classes, pilates, zumba aerobics. I'm even training for my first 5K.

I still have weight left to lose, but I know H³ gave me the tools I need to succeed! I plan on returning later this year for another week of fun and fitness, and I can't wait. See you there!

