Weight Watchers Success

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Since the beginning of 2015, WKU has offered the Weight Watchers at Work program to employees at no cost.

Now a WKU Math Professor is closing in on a 120 pound weight loss. Amy Bingham talks to her in this week’s View from the Hill.

Dr. Melanie Oh-tan is so grateful to WKU for the Weight Watchers at Work program. She says it’s truly changed her life.

Dr. Melanie Autin \ Lost 117 lbs on Weight Watchers

 “I’ve been overweight all my life. It’s just the way I lived. I either didn’t really care or had convinced myself I didn’t really care.”

That all changed when Melanie Oh-tan joined weight watchers fifteen months ago.

 “I started with just changing the way I was eating and following their guidelines and their point system.”

 “About a month later I decided to be a little more active and it started by just walking to my mailbox because my mailbox is down the street.”

Melanie now averages 20-thousand steps a day and has gone through six pairs of tennis shoes.

 “These are my before jeans”

She also keeps having to update her wardrobe.

 “I can not wear any of the clothes that I had prior to doing weight watchers. I’ve had to get rid of everything.”

It comes with the territory. Just like her habit of weighing serving sizes and sticking to the points system.

 “If I’m at home and eating, everything gets weighed or measured. There’s no more sitting down with a bag and eating out of it.”

For Melanie, who admits to having a weakness for French fries, the weight watchers plan is the perfect fit for her.

 “The weight loss with weight watchers is very sustainable because I’m not cutting anything out of my diet where at some point I’m just going to give up and let it back in.”

She says it also helps to have that weekly support and feedback at her weigh in meetings.

 “It sounds kind of cheesy to say it’s not a diet it’s a lifestyle change but it’s totally true. I’ve bought into that cause it’s not a diet, it’s the way I’m living now.”

Dr. oh-tan says her biometric screening numbers have improved and she’s had other non-scale victories like not having to ask for a seat belt extender on an airplane and being able to ride roller coasters again.

With this week’s View from the Hill, I’m Amy Bingham.

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