

Reader Success

By Laura Anne Rega-Crossan **STORIES**

Michael Haney

WEIGHT LOST: 125 LBS.

Michael Haney had always struggled with his weight. As an overweight child and teen, Michael managed to lose 100 lbs. during his college years, but the weight didn't stay off. "I am a physician, and during school and residency, I gradually gained my weight back," he says. "Residency is a challenging time. I had minimal time for exercise, made poor food choices, including lots of fast food from the hospital cafeteria, and frequented the gourmet coffee stand often for high calorie lattes." Due to his overnight shifts, Michael was soon eating unhealthy food around the clock.

It wasn't until he began job-hunting after his residency that he realized the extent of his weight gain. "I was embarrassed about having to go buy a complete new wardrobe for interviews," he says. "That is when it really hit home how overweight I had become."

The new doctor had focused so much on his family and patients that he neglected himself. "I was sick of being so large," he said. "I also felt I was being a poor role model for my patients, who were [also] struggling with weight control and lifestyle changes. It was then [that] I made a choice to do something for myself and join Nutrisystem."

Michael highly recommends this program to anyone looking to lose weight or obtain a healthier lifestyle. "The program was so easy to follow, the food was great, and it was so convenient," he says. "I could take my food to work and have a healthy lunch, snack and dinner. Adding the additional grocery foods was easy, as well. I never felt hungry and had the energy to get through my long and challenging days."

Michael saw great results. In addition to complimenting his Nutrisystem Men's plan with a healthy balance of fruits and veggies, he also incorporated cardio workouts (i.e., walking, jogging and biking) to his day, which added an additional boost to his weight loss. "I also included weight lifting and resistance exercises that increased my

strength and stamina, and made me look and feel better."

Today, Michael fits into the clothes he thought he would never wear again, and is getting complimented on his new look. "It has also been rewarding to watch other family and friends have great weight loss results on Nutrisystem, after seeing how successful I have been," he adds.

Since he started the program, Michael has lost 125 lbs. This is a great achievement for this 38-year-old physician, husband and father of three. And his story proves one thing is certain: You can do anything you put your mind to. ■

Editor's Note: To learn more about Nutrisystem, visit nutrisystem.com.

STATS

Name: Michael Haney
Age: 38
Start Weight: 365 lbs.
Current Weight: 240 lbs.
Weight Lost: 125 lbs.
Height: 6-5
State: Texas
Status: Married
Children: 3



After



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