

Sarah Autrey, Healthy Partner



BEFORE

When the Dallas location launched its first Weight Loss Challenge in January 2007, Sarah Autrey, Senior Sales Representative for Dallas Spares, decided she was up to the test. Weighing 230 pounds at the time, Sarah was committed to losing weight with other Gulfstream employees. “Employees formed their own teams in a competition to lose the most weight and win some great prizes,” Sarah said. Little did Sarah know what this program would later mean for her. Not only did her team win big after the second Weight Loss Challenge last summer, but she lost big, too.

Since January 2007 when Sarah started the Weight Loss Challenge, she has lost a total of 65 pounds. Sarah now weighs 165 pounds and is feeling better than ever. “I am committed to keeping off the weight. I want to lose even more to get to my goal weight of 150-155 pounds,” she states.

How has the weight loss changed Sarah’s life, you might ask? Well, her clothing and cholesterol levels speak for themselves. “I used to wear a size 24 pants and now I wear a size 12. And my cholesterol went from 280 down to a healthy 140. I just feel so much better about myself,” she comments. That’s not the only reason Sarah should feel better, either. Since her dramatic weight loss, friends, family, and coworkers have told her she is an inspiration to them. “That’s what keeps me going,” said Sarah.

Sarah attributes the Internet to helping her design a weight loss plan that worked for her. “I really had to take the time and gather the information about healthy weight loss and calorie management,” said Sarah. To help her successfully lose the weight, Sarah reduced her daily calories and was very committed to eating a balanced, healthful diet. “My menu includes much more vegetables and lean proteins than before,” she mentioned. Baked chicken, broccoli and other vegetables are now staples in Sarah’s diet. That said, she still allows herself a treat now and then, but doesn’t get off track.

Eating a healthful diet isn’t the only reason Sarah has lost the weight and managed to keep it off. Once Sarah lost enough weight to be comfortable exercising, she started walking in the evenings a few nights a week, a habit she is getting back into now that the weather is warmer. “Thanks to my weight loss, I have more energy now than I did before. I walk for my health and now I am also the assistant coach for my six-year-old daughter’s cheerleading team.” Clearly, Sarah is seeing the benefits of living a healthy lifestyle for herself and for her family, too.

“I really thank Gulfstream for their commitment to providing an environment at work where people can be successful with their health efforts,” she commented. “It’s changed my life for good.”



AFTER