

Jean Navickas, Healthy Partner



BEFORE

When Jean Navickas' father was seriously ill in January 2006, Jean decided to make a positive change in her own life. "My dad was concerned about my weight. I thought losing weight would help take his mind off his illness, and I wanted to make him happy and proud," said Jean. By the time he passed away in May of that year, Jean had already lost 40 pounds.

Jean, a Senior Administrative Associate at Gulfstream's Appleton facility, has lost 100 pounds since January 2006. "You really have to want it," mentions Jean, "not just to look good either, but for your overall health and for all the reasons that matter to you." Indeed, Jean has improved her health and changed her looks in support of a better way of life.

At the time of her decision to lose weight, Jean had no weight-related health issues, but did struggle to catch her breath and often found herself overheated. Jean knew that health problems were in her future if she didn't take action. "I suspected my weight was catching up to me when my size 24 clothes were getting too tight," she states. "I hated the thought of catalog shopping to buy clothes. I just love to shop." Jean has since discovered that stores do carry sizes larger than 24, but she is glad she didn't know that at the time. "I would have just kept eating, knowing there was a larger size waiting for me," she admits.

In January 2006, Jean joined Weight Watchers and found a new way of living. The Weight Watchers plan taught her to make appropriate food choices and incorporate exercise into her routine. Quickly, the weight began coming off. Jean says one of the best things about her new lifestyle is that she enjoys many foods she would never have thought of eating before. "There are so many great-tasting, healthful foods out there so it's fun to keep trying new recipes." In addition to eating better, Jean has also become much more active. "I just love, love, love my bike," Jean reports. "I ride all over the place because it doesn't feel like exercise."

With 50 pounds more to go to reach her goal, Jean continues to focus on her weight-loss efforts and stay excited about her new life. She keeps one pair of size 26 jeans as a reminder of how far she's come, along with a photograph of herself at her highest weight. Jean says she's shocked every time she looks at it. "Fat people are ostracized. I was never comfortable and felt very limited," Jean comments. Because of this, Jean is committed to helping others with their weight loss efforts. She plans to become a part-time receptionist for Weight Watchers once she reaches her goal, believing it's a way to share what she's learned as well as maintain her determination.

Jean's physician, family, friends and coworkers have been a great support to her and are so happy for her success. "People come up to me and say I'm such an inspiration," she says. "It's worth every single ounce!"

AFTER

