

Jose's Journey: Valerie, my wife is down 80lbs and I am down 110lbs since I started my weight loss journey 3 1/2 years ago. When I started, I was at 310lbs I am now down to 200lbs. At my all-time highest I was at 318lbs. Like anything it's been a tough journey, lots of ups and downs but I have reached a point where I am extremely happy with myself, my self-confidence is through the roof and before it was a struggle to get to the gym and now, I enjoy going. I am proud to also say that after the weight loss I no longer have diabetes, high blood pressure and cholesterol. I feel great, eating better and must give thanks for my family and friends for motivating me and also Jesus for giving me the strength, mindset and determination to keep going, and also can't forget my amazing doctor Amanda Carr, for always encouraging me, keeping me positive and always so caring and wanting the best for her patients. You can do it!! Just keep going and you will get there.

Before:



After:

