



Slimpossible Teams Reflect on Their Journey

Although it may not seem like much time, a lot can happen in 12 weeks. Just ask any of the Mission: Slimpossible participants. Each team lost a considerable amount of weight, but they will tell you that they gained so much more.

Reannan Bostick, Team Purple, was the youngest Mission: Slimpossible participant at 23, yet that didn't deter her from reaching her goals. She found motivation in her teammates (including her boss, Tony Jordan) and Team Red. They all worked out together with trainer Linda Byams and dietitian Amanda Wooden.

"Reannan tried so hard throughout the program," Amanda said. "She's very soft-spoken and sweet. I know that she struggled at times, but never gave up."

Reannan considered giving up during week four of the program, but Linda and her teammates Alesha Vample and Cheryl Stone weren't having it.



"They pushed me in ways I didn't even know I could be pushed. I know now that I can do it. I'm not a cannot person anymore. I can always, and I will!"

And she did. Reanna's blood pressure decreased from 120/78 to 100/78, and she lost nearly 10 inches.

"In general, I feel energized. Now that the program is over, I want to continue. My battle with food isn't over—it may not ever—but I know that I have the support of my team and Linda. They were the most amazing inspiring people. Even though we were competing, there was never animosity—always love and motivation!"

Teammate **Vandie Enloe** also had great results, losing more than 15 inches and 36 pounds. She joined the Mission: Slimpossible program to help further her efforts to become healthier.

"I decided last fall that it was time to take care of myself. I knew that I would have to make some major changes in how I live my life. I have a precious grandchild, Emmaline, and I want to be around to have fun with her."

Mission: Slimpossible came at the perfect time for Vandie. She had already lost 59 pounds, but was stuck and slowly slipping back into bad habits.

"When I was accepted into the program, I was so excited. I have a competitive streak, and when I make a commitment to do something I am determined to do the best I can. When I found out I was on Team Purple, I knew this was going to work to get me over my slump."



Vandie stepped up to the challenge and impressed her coach, Linda, with her commitment.

"Every week, Vandie was ready for whatever challenge we were put in front of her. I added even more to her workout the last week, and she never complained once. She was always appreciative and has inspired so many employees at Egleston," Linda said. "Staff often stop me in the halls. They tell me how wonderful Vandie looks and how much she's inspired them."

Several people have inspired Vandie along the way, including Erika Anderson. Vandie followed her blog, Erika is Losing It, and knew if Erika could do it, so could she. Team Red member, Windy Wyche, also inspired her, along with other participants facing similar struggles.

"There have been so many people along the way that have encouraged me. Linda has been there for me since the beginning. She pushed me, made me mad, made me sore and made me cry. She has not given up on me. When I was about to give up, she told me that this was my year and I could do it. She was right."

Linda also helped push **Robert Lott**, Team Red.

"Robert was like the rooted tree for Team Red. He never complained and did whatever I or his team asked of him. Even though he worked the graveyard shift, he never missed the weekly team meetings, Last Chance workouts or weekend walks," Linda said.

Robert participated in the program to help kick start his healthy habits and those of his wife and four kids.

"I never will forget when Robert told me how his daughter asked him if this time was going to be different. At that point Robert wasn't sure, I could hear the fear in his voice. He didn't have an answer," Linda said.

However, as the weeks went on Robert realized this time was different.

"Slimpossible is truly an answer to a prayer for me. I knew that I had to lose weight, but I also realized that I needed some direction on what to do in order to accomplish that huge task. This opportunity has given me the correct tools, information, knowledge and the right people to make this happen. I learned how to put all the pieces together in order to get results. Without the help of the Strong4Life team, Linda, my nutritionist Amanda and my personal chef Ms. Frances (my loving wife), I am not sure if this would have been possible," Robert said.

Robert exceeded his goal to lose 30 pounds (losing 32) and his cholesterol dropped 28 points. He and his family are making healthier food choices and being more physically active than before. Robert admits that they're even having fun while doing it.

"This has been a transitional journey for me. First, I made the commitment to myself, my team and to my health. Secondly, change—physically and mentally—breaking bad habits and creating new ones. Next, growing **pains**, because there cannot be a transformation without a little pain. Finally, growth into a new healthier person with more confidence, more endurance and an overall stronger body. I am so excited about the transformation that God has allowed to occur in all the participants. We all have grown stronger in so many ways. I hope that each person uses what we have learned to continue to reach their goals and go to the next level of change and growth."

For Reannan, Vandie, Robert and the rest of the Mission: Slimpossible teams, their journey continues. [Watch the video](#)featuring each of them and their teams.

"I want to continue to make the right food choices and to incorporate exercise into my family activities," Vandie said. "I know that this will be a lifelong wellness journey for me. It will not be easy, but I am committed to make it happen."

If you'd like to leave comments for any of the teams, visit the [Mission: Slimpossible blog](#).



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