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November

08

Many others have been inspired by you during Mission: Slimpossible. What advice do you have for someone who wants to become healthier but isn't sure how to get started?

by Copeland, Alexis on 11/8/2012 9:25 AM

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If you are one of the ones sitting on the fence about weight loss, get off the fence. You can lose the weight and be healthier! Besides, you are worth it! Strong4Life has so many classes and so much information to offer to help you get started on the right track, plus a ton of support. One day at a time is the way to go, but you must put in the "work" and make it a priority in order for it to work. GO FOR IT. WHAT DO YOU HAVE TO LOSE...but a few unwanted pounds! ~Robert Lott

Just do it, is the best advice I can give anyone who is thinking about making a change. If you don't start doing something you will never start. It has been a fun journey. I am sad it's over. I enjoyed getting out with my team. In reality it has just begun. I think the tough part starts now I must hold myself accountable. I know with the tools Children's has in place to support me, it can be done. We have the stair gym. We have the physical gym. Most of all we have Linda and Amanda at Egleston to help us reach our individual goals. Thanks, Slimpossible! ~Debra Owens

Group. Accountability. Meetings. Support. Taking advantage of the wonderful opportunities here at Children's. And then, "just keep coming back. It works if you, work it." I used to say when the desire became so overwhelming, when I hit bottom and couldn't stand it any more, I would get busy and do the work required. I mean, good grief, I am a nurse and I know healthy eating and exercise equal self-discipline. But where would my bottom be? When I was 300+ pounds and in an ICU with an acute myocardial infarction, or worse, a stroke? None of these possibilities held the impact of fear to get me to do the work needed. But in all honesty, I know it was God's divine intervention that got me into a program that works, an opportunity to work on the problem I have created over the last 20 years—obesity. I am so grateful for my coach, Linda, who didn't give up on me even when I was afraid exercise would kill me. I literally carried my ID and insurance card to first 5K. Thanks to Amanda. It has been 30+ years since my nutrition class in school, and I needed a refresher). I'm especially thankful for the peer support (Go Team Red and Purple). Even though it is hard to make the time for meetings and exercise, I am grateful for the discipline and lessons learned through each phase. I would have never believed I could walk a 5K, walked around Stone Mountain, or climbed Kennesaw Mountain with a one mile hike to the trail head and back to my car. But I did! I have an accountability team who knew, and I was blessed by their encouragement! I know I am only 25 percent to my goal—there is more ahead. Now I am armed with the good information and support to keep going. Hey, I even know where the S4L room is located! And I would be happy to walk anyone down to see it, and participate in a class. And it only takes 16 minutes to do 12 flights of stairs. You forget the difficult steps when you have friends join you on the journey. ~Charlene

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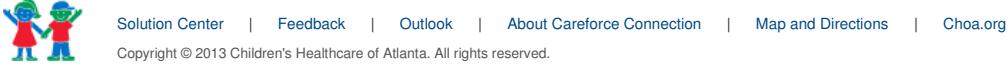
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