



Success story

John's Story

Educator

When he weighed more than 330 pounds, working on the third floor of a NYC middle school with no elevator and no air conditioning was hard for teacher John Gavrity. He explained, "Going up and down the stairs was so arduous that I used to plan my day around going down to the first floor as infrequently as possible. When September came around, I'd sweat all day and look forward to the winter months for relief!"

John was also taking five medications for high blood pressure, high cholesterol, and acid reflux. And while his life, as he put it, "wasn't miserable" – he was happily married, had a young son and a fulfilling career – John also felt he wasn't living life to its fullest. He felt anxious at parties and restaurants, and he dreaded going to the beach.

Finally, in January of 2015, soon after his wife had gone to her morning Weight Watchers® meeting. John decided he would attend the next one of the day. It was a decision that turned out to be life changing. Said John, "The hardest part is getting to a meeting the first time. Once you walk through that door you find a world of weight loss resources and lots of support! After my first meeting I asked myself, "what took you so long to go?"

That first Weight Watchers meeting turned into many, helped by New York City's subsidy of his Weight Watchers membership. John also found that being on Weight Watchers along with his wife really helped. He explained, "The meetings provide an enormous amount of support, but it is only for that one hour once or twice a week. When you join with your spouse you get that support 24/7 – you're on a journey with your partner and your chances for success are that much better."

In less than two years, John has lost 165 pounds*. He can run and play with his young son without losing his breath. John's health is much better too, "I am off all meds. My cholesterol and blood pressure are ideal, and my reflux is gone," exclaimed John. What's more, his confidence is up, and his anxiety has disappeared. And today, getting around school is a breeze. Said John, "Now I fly up and down stairs with ease and I don't break a sweat doing it!"

*People following the Weight Watchers plan can expect to lose 1-2 pounds per week.



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