

Shirley Kelm

Div. #9

CA 1377 Fremont

I grew up in Newark, California a family of 7, with a lot of wonderful southern food and plenty of Pepsi. I was married at 18 and had 3 pregnancies' during my first 5 years of marriage. I joined TOPS in 1975 with my Mother-in-law Janet Kelm and Pam Litzner when the meetings where in her garage. We had a chapter of over 20 members and were doing very well. I was able to maintain my weight and not gain but I decided that life with kids was too busy for me and TOPS both so I dropped out. I came back after the usually gambit of other weight loss organizations with temporary success at keeping it off because I did not learn long time maintenance and taking care of myself.

I CAME BACK TO TOPS with all the intentions of losing weight in Nov. of 2007. After unsuccessfully trying to lose weight and the many medications I was taking, my doctor finally said "It's time for gastric bypass or your going to lose what little bit of good health you have left". Over time I had developed many medical problems that are associated with being overweight for a long time and not listening to my body. After trying to lose weight and all the different medications my doctor finally said it's time for the gastric bypass or you are going to lose what little bit of good health you have left. I even waited for another 4 months before deciding to do the surgery and lost 20 pounds while waiting. I have had surgery and lost a total of 93 pounds. Eating my big meal early in the day and having a small meal at dinner works very good for me. I am not losing fast or big just slow and steady.

Since losing weight, I feel great sleep good and can walk for more than 10 minutes (at a time / with out getting winded/ w/out passing out? Possible change

Since I am losing my weight I feel great, sleep good, walk for more than a 10 minutes, all my medications are gone and can do almost anything I want and feel like doing. I now have a treadmill and a bicycle and use each 2 or 3 times a week. My, what a difference it makes. Yes, I will still go every week to my meetings and count those calories as that is what has brought me to this place in my life. I am the healthiest I have been for a long while.

Family & friends are very supportive; they always get excited when I come home with a loss. They have supported and love me the entire time and my emotional well being is getting stronger by the pound. A lot of my support comes from Pam, Dani, & Trav and my other TOPS chapter members of CA 1377 Fremont. They are always there when I need them. Love to see all my friends at the meetings. We have many activities and I love meeting new people. WOW what do people do without TOPS?

I do not know and hope to never find out as TOPS is the rest of my life. I do mean my life -- as it is my life is my health and TOPS!!!

Thank You TOPS and my TOPS Pal

In the paragraph: I came back to TOPS: maybe clear it up a little and emphasize about the meds and what the doctor said. Try " After unsuccessfully trying to lose weight and the many medications I was taking, my doctor finally said It's time for gastric bypass or your going to lose what little bit of good health you have left".

add to "Since losing weight, I feel great sleep good and can walk for more than 10 minutes (at a time / with out getting winded/ w/out passing out?