Meet Carla:
Carla is the Human Resource Training Specialist in charge of scheduling all the courses hosted through the Center for Professional Development for faculty and staff. She is also a facilitator for various courses such as DISC and Crucial Conversations. She has worked for RIT over 5 years, starting in Residence Life in 2012.

Over the last year and a half, she has been an active participant in the on campus Weight Watchers Program. She has lost 85.6 pounds and is currently at her goal weight. Carla credits her success to several factors. First, she made a commitment to attend weekly Weight Watchers meetings to weigh in and be accountable. She knew that eating habits were an important focus for her success so she started tracking her food using the Weight Watchers points system. She weighs and measures most of her food and plans her meals out ahead of time. These behaviors are now a part of her weekly and daily routine.

Shortly after starting Weight Watchers, Carla made a commitment to go to the Global Village Gym at least three times a week. She packs her gym bag the night before so that there are no excuses when she gets up in the morning. She is active by exercising at the Global Village Gym, walking through her neighborhood on the weekends, or using a strength training routine developed by a Better Me Health Fitness Specialist. She averages over five miles of activity each day and uses her Fitbit as a tool to keep herself motivated. Carla says, “I look at every day as a new challenge, it’s like playing a game with myself that I want to win. Can I reach 10,000 steps today? Yes! Can I stay within my points today? Yes!”

Carla shares that she was overweight her entire life and this new life and body are sometimes hard to wrap her mind around. “This is the first time ever I’ve shared clothes with my sister. She always weighed less, so sharing clothes with her was a surreal feeling,” says Carla.

Carla also credits sharing her progress with others as a positive reinforcement in her weight loss journey. Carla says, “I’ve told people since I started my journey what I was doing so no one would pressure me when it came to eating. Being open about my goals was one of the reasons I think I was so successful.” She has been surprised at how she has inspired others to get started on their own fitness and health journey.

Carla plans to keep doing what she’s doing. She will continue to log her food in her Weight Watchers app, prepare meals ahead of time, exercise regularly, and attend Weight Watchers meetings.

Better Me Wellness is ready to help you achieve your goals.