



Doug Stone

Doug is a banker of 22 years. With a busy personal and professional life, Doug has always found it difficult to eat healthy. After some time, this led to gradual weight gain and a loss of energy and vitality. Doug ultimately wanted to incorporate some healthier habits into his lifestyle. He started Deanna's Way in 2008 and immediately realized positive results. Below, Doug talks about his experience with the program.

Weight Loss Snapshot: Starting Weight: 228lbs Current Weight: 210lbs Waist: Before: 38" Now:36" Shirts: Before: XXL, Now:X Large

What are the biggest challenges you face with your weight, eating habits and exercise routine?

Before Deanna's plan, I didn't really know how to eat properly. I had poor nutrition which was causing me to gain weight. However, I didn't want to adopt any type of lifestyle or diet that deprived me or left me feeling hungry all of the time.

What about Deanna's plan works for you? With Deanna's plan, I can eat foods that I enjoy and still lose weight. I'm not skipping meals. More importantly, I am getting the healthy nutrients my body needs. I just had a yearly check up, and it was the best I've had in eight years—so I know that the plan is definitely working well for me.

How quickly did you begin to realize results?

Immediately. Within the first week I lost weight and I noticed that my clothes were baggier.

What is your favorite part of the plan?

My clothes fit great! I've lost the weight that I wanted to lose, and I'm not going hungry. I can still stray and be "bad" every once in a while. I just go back to the plan and I'm able to maintain my weight and keep a flat stomach!

What are your long-term exercise/weight goals? Right now, I just want to maintain my physique and keep toned.



Doug before Deanna's Way

