

Courtney's constant struggles with weight were her personal demons. What began as teasing at a young age led to a downward spiral in self-esteem. By the time she entered her teens, her confidence was so poor she further isolated herself by quitting school and taking online courses to finish her degree. At 17 years old, 5'3" and 225 lbs., she was depressed and rarely left the house.

Poor Self-Image at an Early Age

When she was younger, Courtney remembers a kid commenting "Thar she blows" as she swam in the pool. Although this was damaging, it didn't initially inhibit Courtney's ability or desire to make friends. She would think, "Oh, I'm not fat. There's so many more fatter people than I am." As she entered her teenage years and continued to gain weight, she began to feel different than everyone else. She felt uncomfortable with herself and began removing herself from social situations. "I was kind of a loner," Courtney said later. As mom Sandra observed, "food was her drug of choice" to feel better about herself.

Isolating Herself from School and Others

Things really spiraled downward when her friends began buying clothes she could not fit into and going on dates while she stayed at home. "I had horrible self-esteem issues," Courtney said, "I wouldn't shower and I wore really terrible clothes 'cause I really didn't care." Eventually, the torment was too much. She withdrew from school to continue in isolation at home through online courses. Sandra commented, "She was heavy. She was depressed. And she didn't want to talk about it."

Motivated to Make a Change at Wellspring Academies

During her time of home schooling, Courtney learned about Wellspring Academies. After begging for some time, Courtney eventually convinced her mom she could be responsible enough to make the necessary diet, exercise, and behavioral changes Wellspring Academies advocates. Highly motivated upon admission, Courtney was self-monitoring 100% of her meals and exercising up to three hours per day. She quickly dropped 54 lbs. in 5 months at Wellspring Academies.

Improved Confidence to Continue Weight Battle

Returning home after 5 months was a new Courtney in body and spirit. "She was not in the dumps like she was prior to Wellspring Academies," her mom noticed, "Her self-esteem and the way she approached people was better." Although Courtney experienced success at Wellspring Academies, she knows she has to remain committed. "I don't want to think that I was overeating the past the day and be ashamed of what I did,"

"I was amazed that the Wellspring's program seemed so easy and flexible. It's something I can really live with."



Courtney, after losing 54 lbs. in 5 months at Wellspring Academies, and before (inset)

she said. Instead, she wants to look back and know, "I made some good decisions."

Healthy Bodies. Healthy Minds. Healthy Living.

Her mom has noticed the changes in Courtney, "I think it was great for her. She had a wonderful time and she made some very good friends." As for Wellspring Academies, Sandra commented, "I thought the whole place was great. I think the best thing that came out of Wellspring Academies is that she knows she can do it if she wants to."

Reflecting on what she learned, Courtney said, "I think I have a healthy obsession with food and weight and being healthy. I was amazed that Wellspring's program seemed so easy and flexible. It's something I can really live with and I have been living with it for many months now outside of Wellspring Academies."