

By the time Vicki started high school, she thought she had accepted life as an overweight person. Her self-confidence was poor and she allowed others to walk all over her. After a trying incident at school, her weight began quickly escalating, culminating at 230 lbs on her 5'6" frame at 15 years of age.

**Lacking Confidence to Defend Herself**

With low self-confidence brought on by her weight issue, Vicki often allowed people to take advantage of her. An incident with a "friend" who stole from Vicki concerned her parents, but their efforts to help only angered Vicki. Then, when she was handed a sign loaded with fat images in front of her entire freshmen class, Vicki hit bottom. Rather than stand up for herself, Vicki said, "I just remember going home and eating and eating because I didn't know what else to do." At this point, she thought "I was going to be fat the rest of my life," and her weight gain really began to accelerate.

**Knowing It Was Time to Change**

Wanting to help, Vicki's dad, Paul, went online and discovered Wellspring Academies. Paul knew his daughter lacked self-confidence, and he was concerned about her escalating weight at an early age. Paul told Vicki, "This is something that if you don't get control of now will cause you huge problems down the road." Although Vicki pretended she did not want to go, she knew she was ready for a different lifestyle.

*"Now, I obsess over healthy food. I love shopping for them and I love eating them."*

**Improving Self-Image to Achieve Success at Wellspring Academies**

Progress at Wellspring Academies was slow at first because she was not ready to make the necessary changes and afraid of failing. Finally, she realized, "I got the chance to do this. And I can't sit here and whine that this is my biology and this is what is meant to be for the rest of my life." She got on program and began losing weight. Ultimately, rather than the downward cycle she was on before Wellspring Academies, her results improved her confidence, and her confidence improved her desire for even better results. In less than 6 months, she lost 66 lbs.

**Different Perspective for Continued Effort**

When she returned home in the summer, healthier and far more confident, she changed some friends and reacted differently to difficult situations. Her dad, Paul, noticed her confidence, "She has a better ability at dealing with setbacks or people that say things to her." Vicki acknowledged her time at Wellspring Academies improved more than her weight, but her self-image, too. "I was like a walking doormat before I went to Wellspring Academies," Vicki said, "And it's a lot different now." After her experience at Wellspring Academies, she has goals, wants to be a nurse, and hopes someday to return to Wellspring Academies as an employee so



Vicki, after losing 66 lbs in 6 months at Wellspring Academies, and before (inset)

she can provide others the help she was given.

**Healthy Bodies. Healthy Minds. Healthy Living.**

Paul sees his friends and co-workers struggle with their weight, "A lot of people see all the books on the fad diets, the elimination diet and all that. And I tell them you need to get beyond all that other stuff. I think Wellspring Academies is an absolute fabulous program and I'm happy to endorse it to anybody."

Vicki, meanwhile, feels better about herself and knows how to stay healthy. "You really have to have the willpower and focus on what you really want," she said, "Now, I obsess over healthy food. I love shopping for them and I love eating them. It helps me be able to feel good about myself."