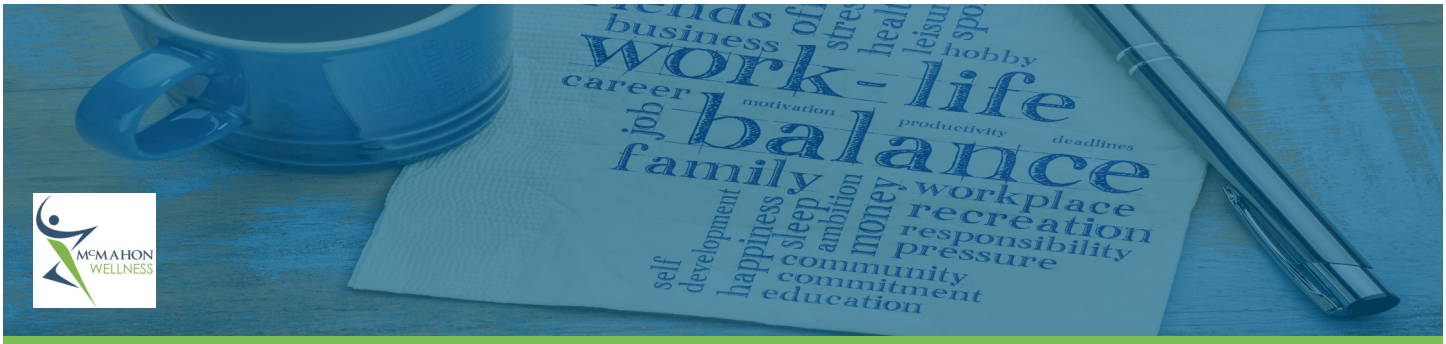

Our Stories | Jason Adams

What motivated you to join Wondr (formerly Naturally Slim)?

I'd long felt somewhat resigned to being heavier than I "wanted" to be and to somewhat accepting I didn't have the determination to make enough of a change to my diet/exercise habits to make an actual difference in how I looked or felt. I remember reading Anton's testimonial about Naturally Slim (now Wondr) a few years back and thinking that maybe with some changes to my eating habits I could actually achieve something, but still I kept the mindset that I didn't want to make sacrifices to my lifestyle. Coming out of Summer 2020 with the pandemic still raging, I thought if ever I was going to give losing weight a go, now was that time and I signed up for Naturally Slim (now Wondr) and decided to fully commit to the ten-week program.

What was the most surprising part of the program?

I was surprised how easily and quickly I bought into fairly simple guidelines around eating (only eat when you're hungry, just eat until you are comfortably full) and even more surprised at how quickly I started to see results. The engineer in me very much appreciated the structure of what they were asking, the analyst in me enjoyed how they explained the why of the what they were asking me to do, and most importantly the (large) portion of me that loves eating was super happy that I wasn't being asked to specifically give anything up from my diet (other than a 3-week sugar cleanse, which I somewhat achieved). I followed the program as best I could, didn't beat myself up when I slipped here and there, and the pounds started to drop just like that.

Results to Date

I started out around 235 pounds in October 2020 and lost just over 20 pounds in the ten weeks of the program. During the ten weeks of the program the only changes I made were to my diet and sleep patterns (no exercise change, not much of a change with alcohol). At the conclusion of the program, I began to exercise more (because honestly I felt like my body had the energy to put in more effort) and I kept up with the majority of the Wondr guidelines around eating habits. I continued to lose weight, ultimately dipping below 200 pounds for the first time since probably 2006. I have maintained my weight between 201 and 209 pounds for the past three months and feel very comfortable with my eating habits across the board. I know I have the ability to drop a few pounds if I slip up a little bit and I have a much greater understanding of how my food intake relates to my weight and overall physical wellbeing.

What advice do you have for someone else who wants to try the program?

Give yourself a chance to be healthier if you want to be healthier! The weekly videos don't take much time (30-60 minutes) and you can break up the videos if you don't have a long block of time to commit to watching all at once. I went full student and took written notes as I watched the videos to make sure I was present and hearing what they had to say instead of just going through the motions. Also, you're not going to be able to do everything 100% correct 100% of the time, because life…so don't be too hard on yourself and just put in your best effort! Even if you just pick up one or two better habits there could be really substantial health benefits and that seems worth the effort to try things out.

Looking into the future, do you feel this is a permanent change to your habits?

I already feel like I've permanently changed my habits. The aspects of Wondr that have lived on with me for over six months now feel completely sustainable and I really enjoy my new approach to thinking about and dealing with food.

If you have any questions about this article, Jason can be reached at jadams@mcmahonassociates.com.