**108 Sticks of Butter**

**Margaret Whelehan, Resident Director**

I have always struggled with my weight. In high school I decided that I would try Weight Watchers. In nine months I lost 50 pounds and could not have been happier with my progress. I was able to continue with the plan throughout my freshman year of college. Then after three more years as an undergrad student, earning a master’s degree then working for two years in a professional job I had gained most of that weight back. When I learned MCC had a Weight Watchers meeting I was intrigued but nervous. I was nervous about being judged and I was nervous about who attended the meetings. What I found at my first meeting was a room full of incredibly supportive men and women, each at a different point in the weight loss journey. Each week we share our success, our struggles, recipes, and all of the things that work and don’t work for each of us. I have been a part of this group for almost a year and I am down 27 pounds. My weight loss is not going fast, but it is staying off and I am headed in a positive direction. 27 pounds equals 108 sticks of butter. I think that is a great visual to gauge my success. I encourage anyone who has more than 5 pounds to lose to attend one of our meetings. You too will find a comfortable environment where you will be supported on your journey, safe to share your struggles, and your successes will be celebrated.