

Brent Mouzakis

Contributed by Skinny Myths Staff

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January 30th, 2006 was the date that Medifast started me on the road to freedom. Yes, freedom from big and tall stores, high blood pressure, high cholesterol and high blood sugar. For me, Medifast has changed my life in so many ways and is still changing it today. When I started the program, I weighed 334 pounds, the biggest I had been in my entire life. It was time for a change. I remembered seeing a TV commercial for Medifast and told my wife that the next time I saw that TV commercial I was going to contact them for info. My wife had suggested that I check the website.

I did in fact find all the info I needed right there on the computer screen. It was after consulting my doctor about the program the decision was made. I placed my order for a month's supply of the drinks. I thought doing the 5 & 1 plan for me would be too much of a tease, so with my doctor's blessing, it was decided that I would do liquids only. The first week I think was the roughest, but once I got past that and with all my friends and family supporting me, it soon became easier to do the day-to-day Medifast routine.

Since starting Medifast, I have been an inspiration to friends that I ride with in a local motorcycle club and even people I work with have been very supportive. So much so that I get asked weekly, "How many pounds this week Brent?" I have inspired a guy in the motorcycle club, 3 co-workers, and now my wife to start the Medifast program. I am proud of all of them for the decision to take their back control of their lives.

After 6 months on the program, I have lost a total of 140 pounds. I feel great!! It's hard to put into words the feeling that you get from such a huge life change. It's a little overwhelming, but I'm enjoying every moment. I am now at my goal weight of 194 pounds. I plan on keeping Medifast around the house to help me keep the weight off.

I also keep in touch with other people doing Medifast via the message board on the Medifast website. It's a great tool and it really is nice to meet and support other people going through the same thing.