

HEALTHFUL TIPS

Inspiring WOW! Moments



In May, we ran a Facebook promotion and asked Barix patients to tell us their WOW moments. These are so inspiring that we decided to share a few of them with you (edited to fit more). Enjoy!

Ran my first 5k race.

Had a healthy, complication-free pregnancy and lost all the baby weight two weeks after delivery.

It's been 8 years since my surgery and I recently hit the lowest weight I have been in 28 years!!! WOOHOO!!

After 17 years (Aug. 1995) I've had many "WOW" moments. One memorable one is being able to fit into a roller coaster seat again. Such a great feeling not being turned away because of my weight.

The wow moment for me was when I went on an amusement ride with my ten year old and I fit into the seat. To think I was missing out on his life, not just mine, before. That was a huge wow, and now when my son hugged me and said, "Look, Mom, my arms touch!"

Two years out from weight loss surgery and have lost 142 pounds. My WOW moments are when my husband looks at me like he used to when we met. It brings tears to my eyes that I can make him happy as well as myself. Living and loving life like I am meant to.

Shopping at Wal-Mart WITHOUT a cart to hold me up.

My WOW moment was fitting into a size 2, 14 months after WLS. Never in a million years thought that would happen. Loving life!!!

Two years post surgery, 215 lbs lighter and some days I can only say WOW! My favorite WOW moments are when I am able to do something with the kids that I could never do before.

Eight years out. Work out 6 days a week. Love my strength & love my body. Who knew I had feet!!

When my wife told me to get a smaller-sized shirt, I was thrilled and tickled pink, but most of all I feel in control of my life.

Thank you, Barix...for nine months of WOW moments.

I have had a lot of wows but my best wow is being able to bend over to pick something up and still being able to breathe!!!

I have had a lot of wows—the best one was this morning when I put my jeans on and then went to zip them and they were already zipped up.

I have many wow moments, but my biggest wow moment is having my life back, watching my daughter grow up.

My WOW moment was looking beautiful in my wedding dress.

Before my surgery (2005) I could barely walk to the mailbox, and I'm now looking forward to a 50 to 75 (my goal) mile biking weekend.

My WOW moment happened when shopping for the first time after losing 90lbs. I was looking at clothes to try on and the salesperson stopped and said, "There is no way you are going to fit into that. You are way too tiny," and she was right!

My WOW moment happened about a year after surgery. I went to a graduation party and sat down next to my sister. She didn't know who I was until she heard my voice!

I am actually playing ball hockey and loving the fact that I can RUN!!!

I can walk in heels again... never thought that would happen.

Taking my son to Cedar Point and riding all the rides with him!!!!

I went from taking all kinds of medications, including 3 different high blood pressure meds, to taking nothing now...I feel great!

My 15 year old daughter asked me to take her and her friends to a Girl Scout function. Previously she was embarrassed to be seen with me because of my very large size. Now, she actually enjoys having me around.

My office has creaky floors — at 268 pounds everyone could hear me coming and it was embarrassing. Three months out and 40 pounds lighter, the floors aren't creaking like that any more. Feel like I'm in stealth mode!

Going to a water park in a swimsuit! Ten years post-op this summer!

My weight prevented me from becoming pregnant. Post weight loss surgery, I was able to get pregnant and have my son. He turned one on April 29th.

I am no longer on blood pressure, cholesterol or diabetic meds and I had surgery just 10 weeks ago.

Getting on an airplane and not asking for a seat belt extension.

So happy to hear from my doc that I AGAIN passed my bloodwork with flying colors! In ALL categories! That is amazing for someone who 3 years ago was a walking time bomb about to explode!