Weight loss success story

College was a major adjustment for Hudson. Along with gaining more independence, she was also "stressed, working multiple jobs, and I didn't know what I should be eating." That meant she was grabbing what was easy and convenient on a college budget — a ton of pizza and any food she could get during breaks from her waitressing job. And within about a year, she had gained 180 lbs.

"I started having a lot of health issues," she says. "My back was hurting all the time. I had PCOS and I was on the spectrum for pre-diabetes and high blood pressure. I love to ride horses — I have my entire life — and I couldn't anymore. I became super insecure and withdrawn, and I stopped going out with my friends."

Meanwhile, her mom and grandma were both following the weight loss program had dropped 80 and 75 lbs., respectively. They had tried getting her on board for years, and in January 2018, after Hudson finished college, she finally agreed to join the program. Hudson started setting alarms for every 2½-3 hours to remind herself to eat healthy snacks, and swapped out the pizza for ones with cauliflower crust or made Taco Tuesdays with lettuce wraps instead of tortillas.

Over the next two and a half years, Hudson consistently lost weight, eventually dropping 187 lbs. She's now a health coach, and helps people "get healthy."

"I tell people that before I felt like I had a mental cloud over my head. I didn't always put me first," she says. "My whole life has changed."

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