

The Biggest Winner

How One Sugar Land Woman Transformed to Fit and Fabulous

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Pamela Rand three years ago, weighing over 250 pounds



Pamela Rand remembers the moment that she decided she could no longer live an unhealthy life. Three years ago, she went in for a simple wellness check and left with a mission. She weighed in at over 250 pounds and realized that by being physically unhealthy, she was voluntarily shortening her life. Three years later and 102 pounds lighter, she continues on her journey with a desire to inspire those around her.

The Before Picture

Growing up in Southern Louisiana, Rand learned the habit of eating hearty early on. When preparing a meal, there was no consideration of a well-balanced diet, but instead a plethora of favorite family recipes: macaroni and cheese, mashed potatoes, and fried chicken. In addition to her love of comfort foods, Rand participated in what she calls mindless eating. As a snack she would eat two donuts, without thinking about what she was actually putting into her body. Being a department chair at a local school, she worked long hours without taking breaks to eat meals and settled for fast food anytime she was hungry.

Taking the First Steps

After her initial decision to get healthy, Rand decided to work with Weight Watchers and Embody, a local Sugar Land gym, to lose the weight she needed. With her sister by her side and two organizations committed to helping her, she began the process of transforming her life. Rand explains, "Where much is needed, much is required," highlighting her determination and understanding of what it would take to shed the pounds necessary to be physically healthy. For the first year and a half, she and her sister worked out seven days a week and abided by the Weight Watchers system. "It is great when you have a buddy," she says.

Ups and Downs

Rand admits that the journey to getting healthy was not an easy one. She learned early that people give you more than what you need and it is up to you to take control of your environment. When going out to eat, she makes sure to ask questions and place special orders, so she can be more knowledgeable about the nutrients she is putting in her body. "Knowledge is power and not having it was killing me," she points out.

Celebrations such as birthday parties are still a challenge for her, but she has learned that she doesn't need to eat the birthday cake to celebrate with the person. So she says, "No, thank you," to the cake and feels healthier and more in control than if she would have given in to temptation. Along the way, there have been plenty of victories that have fueled Rand's courage to continue on her journey. "When I found out I was out of the obese range, I cried," she joyfully admits. She celebrates her accomplishments by eating what she wants, in moderation, on special days

Pamela, with her husband, John, before she began her life transformation



Rand lost more than 100
pounds and changed her
habits for good



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Part of Rand's plan for losing weight included regular workouts at the gym

“Knowledge is power and not having it was killing me.”
—Pamela Rand

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such as her anniversary, birthday, and holidays. She playfully remarks, "It is just that – a holiday, not a holiweek."

Exercising a Strong Resolve

The key to Rand's continued success is a tri-fold approach of working out, portion control, and food knowledge. As a lifetime member of Weight Watchers, Rand weighs in once a week to stay accountable. She works out six days a week at Embody with a combination of group fitness and individual exercise. She believes in keeping fitness fun, which is why she attends group sessions that range from kickboxing to Zumba. "I treat one pound like a hundred pounds," says Rand, which is why she never skips a workout. She also keeps a food counter with her at all times, so that she knows the value of food at any given moment. She never leaves herself guessing.

Rand is an inspiration to those who have a desire for a healthy life, but have not found the determination to start the process. She went from a size 22 to an 8, with a resolve to live a long and fulfilling life. "I will no longer walk blindly through life not knowing the value of food," she says. If you know of an inspirational Sugar Land resident, email editor@sugarlandmagazine.com. SLM

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Rand's sister, Debbie Green, supported her throughout her transformation, going to the gym and participating in Weight Watchers, too



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