

My Weight Loss Story

Weight Lost: 104 pounds



Before



After

"Before my surgery, weighing in at 272 I was exhausted all the time. My body ached, my energy was gone, and depression felt like a constant shadow. I didn't just feel unhealthy — I felt trapped in a body that couldn't keep up with the life I wanted to live. Even simple things, like walking through the store or playing with my family, felt like uphill battles. One day, I realized I didn't want to keep living that way. I wanted to be here for my family for years to come — not just physically present, but healthy, active, and engaged. I wanted to be able to say yes to life instead of constantly making excuses because I was too tired or in too much pain. That's when I started seriously considering weight loss surgery. The decision wasn't easy. Surgery is not for the weak — it takes courage, preparation, and a willingness to face both physical and emotional challenges. But I knew this was something I needed to do for myself, and for the people I love most. The surgery itself and the recovery that followed tested me in ways I never expected. There were difficult days, moments of doubt, and times I wondered if I could really do this. But I kept reminding myself of my "why" — to live, to feel better, to be there for my family. Little by little, I noticed changes: walking became easier, the pain in my joints started fading, my energy returned, and that heavy cloud of depression began to lift. Now, my life feels completely different. I can move freely, I feel lighter inside and out, and I wake up with energy I didn't know I could have again. My physical health is better, my mental health is stronger, and my lifestyle is finally in line with the future I want. Weight loss surgery isn't a magic fix, and it's not the right choice for everyone. But for me, it was the best decision I could have made. My only regret is not doing it sooner. My surgeon Dr. Christopher Finley (the best bariatric surgeon) made this happen for me and I will be forever grateful to him for what he has done for me. Today, weighing in at 168 I'm living proof that change is possible — and that sometimes, choosing yourself is the most loving thing you can do for the people you love."

-Darnell R.