



**26-Week FRESH START-NEW BEGINNING
Lifestyle Change Weight Loss Group
Testimonials
Transformation Weight Control**

All of these genuine testimonials are reprinted with permission from the program participant who said them.

Dear Rich,

“Thank you for all the evidence-based practice research you shared tonight. I'm grateful I hadn't missed it. You are always very much appreciated!” Joan T.

“I have never tried an online program before. ***I have done many, many weight loss programs, but nothing that was as in-depth like this one.*** I wanted to get to the bottom of deep-rooted issues that affected the way I have eaten all my life. This program helped A LOT. They really get the root problems of why people over eat which can go way back in life.” Myra S.

“I was in so many weight loss programs from the time I was 20 to now, which I am now 72. I think I started out with Weight Watchers in the early days, but continued that off and on until I was in my 60s. I tried injections way back in the day that were actually some kind of types of amphetamines. I used to go to a doctor who would inject me with shots once a month, and give me pills that I'm sure weren't very good for my heart. In the last 15 years I've done some better things..... they were addiction programs similar to AA and OA, and then, about five years ago, I tried Bright Line Eating. I took weight off, sometimes a lot, but I could never stick with them they were too constricting and too many rules! ***Transformation Weight Control has helped me to dig deeper into my reflection on my life in the past and also giving me new determination to boost up, exercise, and help to see many things differently than I saw before.*** I wanted to get a deeper understanding of why I may have felt the things I did when it comes to eating. That happened. It's a very good program.” Michelle P

“I joined Rich's program because I was in despair after years of struggling with my weight. A doctor gave me a flyer for the program, and I called immediately. ***After forty years of spending money on weight loss programs, nutritionists and diet doctors, I had finally found a program that emphasized mental health as well as diet and exercise.*** TWC is a weekly group program with a six-month commitment, and I was excited about being part of a community of participants who shared the same issues.

When I started in 2020, at the beginning of Covid, I weighed more than I ever had in my life. Although I'd struggled with the same 20 pounds for years, the combination of graduate school, family stress and being in my sixties resulted in a weight gain of over 50 pounds. I knew exactly what I had to do to lose weight, so why couldn't I just do it? Why was it so hard to change my behavior? ***It is not an exaggeration to say that every day I woke up feeling depressed and hopeless, thinking about how much I weighed, and how awful I looked. This program really changed this for me. I am so grateful to Rich and his team. First class.***” Annette R

“The impact of Rich's program on my life has been profound. Since I started the program, I am finally free from the tyranny of thinking about my weight. I no longer berate myself when I wake up, get dressed, catch a glimpse of myself in the store window reflection or see an unflattering photo. I practice self-acceptance while making behavioral changes regarding food and exercise. ***Now I wake up thinking about my day instead of my lack of will power and the number on the scale. The program worked for me because it was comprehensive, addressing mental health as well as diet and exercise. Rich and the program leaders set up a safe, confidential, nonjudgmental environment, simultaneously building a community of people who shared the same issues.***” Marie G.

“The professionalism of the psychologist, nutritionist, and Rich in my first group made all the difference! The psychologist taught us excellent CBT skills which brought a fresh approach to weight loss, she also introduced us to

Acceptance and Commitment Therapy, a nutritionist who brought new, creative ideas about meal planning instead of mouthing the same old tired diet plans, and Rich provided an exercise philosophy that was easy to implement and I never felt judged or intimidated or embarrassed.” Angela T.

“Rich and the other leaders provided a safe environment, small breakout groups, and we needed to see each other on Zoom! I'm still in touch with four people, and two have become good friends. We continue to support each other.”

“After trying Weight Watchers more times than I can count, along with every other kooky diet out there, I was at the end of my rope. I was also grieving the loss of my parents and I was searching for ways to feel better emotionally and physically.

Enter fate. I found TWC and **I was drawn in by the lifestyle-change focus and especially the group treatment.** The idea of working with the same group of people for the duration of the program spoke to my need for consistency.

My one-on-one Zoom interview with Rich Weil after he launched Transformation Weight Control cemented the deal. He was knowledgeable, empathetic, enthusiastic and optimistic about what I--as a 64-year-old woman--could expect from the program. **Being part of this program has changed my life. My entire life!** Physically, I feel so much better in my body. My confidence has increased in how I care for myself and how I interact with others. My emotional well-being has improved too; I don't beat myself up the way I once did. **I am forgiving of any lapses and prepared to continue on this journey that is transforming my life.**” Elizabeth Z

“I've lost 32 pounds so far, I walk a minimum of 30 minutes 5 times a week, I do strength training 2 days a week, I've increased my sleep to 7 1/2 hours per night (on most nights), and after a trying day, I start right back in. **RESILIENCE! Just what they taught us.**” Peter L.

“The aspects of the program I found most helpful were the presentations on exercise and the tremendous changes a regular program can make to your physical and mental health; the nutritionist's overview of what foods our bodies need to be healthy and assure satiety, as well as specific recommendations for meals and snacks; and ongoing discussions about resilience and the outside role it plays in our achievements across all aspects of our lives. Tying this together were the weekly sessions with my fellow participants where we learned from each other as we shared challenges, successes, frustrations and how we maintained the all-important resilience. **I cannot emphasize how much it meant to see the same faces and hear the same voices each and every week. It was comforting and inspiring. In the past I would return to Weight Watchers multiple times. I joined, stopped going, re-joined more times than I could ever count. I found the quality of the facilitators to be uneven and, most importantly, I did not like having different people at each meeting. I felt like we were re-starting each week; start and stop, start and stop. It never was like this at TWC.**” Stephanie R.

From a chat on Zoom. “That is why I loved Rich from the first time I met him. It was the first time I did not feel being overweight with him.” Maria P.



© 2025 Transformation Weight Control, All Rights Reserved