

November 19, 2013

To Whom It May Concern;

My name is Geno Reynolds and I am a movie critic and head of The Reel Opinion at WAND-TV in Decatur, IL. While I have always been proud of my on air work for the station, I haven't always been proud of my appearance. That is where Physician's Choice Wellness comes in. When I started the program at PCW, I weighed in at just over 400 pounds. I was having trouble sleeping, moving and I didn't really feel good about myself. While I was a bit scared of the big changes the program would bring to my life, I knew it was time to do something about my weight.

I have a lot of reasons for this, but the two biggest reasons are my two kids, Andy and Ryan. I want to be around for them and PCW has helped me in the first steps in getting healthier so that I can do just that. At the time of my writing this, I have lost 136 pounds. I have entered the "sustaining" phase of the program, but I am far from done. PCW has helped me get to a point where I know I can succeed in looking and feeling the way that I want. They don't just offer you meal replacements to get your weight down, but they also are there for you to help you through the struggles that comes with weight gain and loss. The weight they have helped me to lose has made me healthier, helped me make smarter decisions and made me more confident in myself.

Though I have begun the journey of making my own choices, I know that my friends at PCW, as well as my fellow students, will be there for me if I need them. One last thing, I will never say the journey is easy, but I will say that you will succeed if you are willing to put in the work. Take it from someone that has struggled with his weight most of his life. This program works if you are willing to give it everything you got.

Thanks,

Geno Reynolds