

“I’m excited about life now. I feel I deserve the very best it has to offer.”

As a child, I lived in the Bronx with my mother and grandmother. My grandmother had grown up poor and was determined never to let us be hungry. So she cooked huge soul food meals—and I ended up a chubby child. I continued eating that way until 2 years ago. I asked God for help and shortly after received an e-mail announcing an At Work WW meeting. I considered it a sign.



Niya Bryant
Home **New York**
Age **31** Ht. **5'9"**
Before **322 lbs.**
Lost **84 lbs.**
After **238 lbs.**
How **WW At Work**



How did your childhood affect your weight?

Since our neighborhood wasn't safe, my mom didn't let me play outdoors, so I was pretty sedentary. I remember feeling I wasn't as pretty or thin as other girls and worried that boys would never look at me because I was heavy.

Did you have to give up soul food when you decided to lose weight?

No, I just altered the way I cook it. For example, I make pinto beans and collard greens with smoked turkey instead of fatty ham hocks now. Or instead of breading and frying pork chops, I bake them. And I've converted from white rice and gravy to a delicious brown rice medley from Uncle Ben's.

What did your mom think of your new cuisine?

She was skeptical about changing our family recipes, but when she saw how much weight I was losing, she decided to join WW too. She used to think that weight loss was about giving things up, but now she appreciates what she has gained—better health and greater self-esteem.

You live with your mom. Who cooks, and who does the grocery shopping?

I cook and she shops, but we collaborate on the list. Some things are staples—like our favorite fruits: cantaloupe, pears and grapes. When I find out about great new products, I ask her to look for them in the market.

Results not typical