

NEW!

ajc.com
The Atlanta Journal-Constitution

 PRINT THIS

[ajc.com](#) > [Living](#) > [Food](#)

SUCCESS STORY / HEATHER McCRANIE, 29: From 247 to 161 pounds

By Michelle C. Brooks

For the Journal-Constitution

Thursday, December 11, 2008

> Former weight: 247 pounds

> Current weight: 161 pounds

> Pounds lost: 86

> Height: 5 feet 2 inches

> How long she's kept it off: Started in October 2007 and still losing. "My ultimate goal is to be at 145 pounds and to run a triathlon," McCranie said.

> Personal life: "I am a nurse recruiter for DeKalb Medical, and I love hanging out with my friends from Buckhead church." She lives in Stockbridge.

> Turning point: "Over my lifetime, I have always struggled with weight," she said. "When I was in high school, I got diagnosed with polycystic ovarian syndrome." PCOS is a leading cause of infertility and weight gain. Because of the severe insulin resistance that accompanies this hormonal disorder, losing weight through diet and exercise alone is difficult without insulin-sensitizing medication or medical help. "In December 2006, my dad had to have triple bypass surgery. My parents began changing their diet to be more heart-healthy and exercised frequently. I finally got fed up with how I felt and wanted to join my parents on the healthy journey. So I called the DeKalb Medical Wellness Center (www.dekalbmedical.com) to request the help of a personal trainer."

> Diet plan: "I eat very low-carb, low-fat, heart healthy," she said. Breakfast is two eggs with a slice of turkey bacon, followed by a snack of banana and almonds. Lunch is tuna, lettuce and light dressing. Late afternoon, she has a snack of oatmeal with almonds and grapes, and dinner is fish with vegetables. After dinner she has a protein shake or fruit smoothie.

> Exercise routine: "I work out six days a week for an hour of cardio and strength circuit training," she said. "I got connected with Daryl Madison with Lifestyle Fitness and this was the turning point of my life. I train with him

about two to three days a week for an hour. I am now at a fitness level I could never imagine. I am looking to compete in a 10K in the spring and hope to one day complete a triathlon.”

> Biggest challenge: “Overcoming the addiction to sugar,” she said.

> How life has changed: “I have confidence. I am setting big goals for my life and look forward to each day. My stress level is down and my energy is up,” she said. “I would love to thank Daryl and DeKalb Medical Wellness Center for opening the door to a new life of health and fitness.”

Be an inspiration: If you’ve made positive changes in your diet and/or fitness routine and are happy with the results, please share your story with us. Briefly tell us your goal (weight loss, an athletic achievement, overcoming a health problem, etc.), how you achieved it, and how long you’ve maintained it. Include a daytime phone number and before and after photos (by mail or JPEG). Write to Success Stories, c/o Jamila Robinson, The Atlanta Journal-Constitution, Sixth Floor, 72 Marietta St. N.W., Atlanta, GA 30303. Or e-mail ajcsuccessstories@gmail.com.

Find this article at:

<https://www.ajc.com/living/content/living/food/stories/2008/12/11/success.html>

Check the box to include the list of links referenced in the article.

NEW!