



# Game plan #2: *Take your time*

**HealthyWage.com** With this website you bet \$100 to \$3,000 that you will lose either a certain number of pounds or a percentage of your weight in 6 to 18 months. The higher your goal and the larger your bet, the bigger your potential payoff.

**“I lacked the incentive until now.”** —Nannette Simmons, 56, Baltimore



“After signing up, I started eating only until I was full and then saved the rest for later.”



“Now I opt for a salad instead of the pizza sometimes.”



“I don’t like wasting money, so risking my cash kept me on track.”

**-29**  
from 281 to 252 pounds  
in 6 months

**WON \$150**

**HER TIP**  
“Use tactics such as measuring out portions and freezing leftovers.”

“About 10 years ago, I weighed 321 pounds and was approved by my health insurance for bariatric surgery. As a last-ditch effort to avoid that, I signed up for a university-sponsored weight-loss program, which helped me drop 66 pounds in a little more than a year. Afterward, my weight crept back up slightly. I knew what I needed to do to lose; I just lacked the incentive—until I heard about HealthyWage. I bet \$150 that I could shed 10 percent of my weight in six months.”

**Making it work**

“Once I got my weight verified at a local gym, I became vigilant about my portions and stopped eating after 7 p.m., reminding myself that I could have a nice breakfast in the morning. At a pizza parlor one night, I ordered a goat cheese salad that—to my

delight—was just as satisfying as a slice. Early on I was losing around 1 pound every other week—good, but not as fast as I’d hoped. It was frustrating. Then, around four months in, people started saying, “You look great. What have you been doing?” When the compliments

started rolling in, I knew my plan was working—which helped me gain steam.”

**Celebrating success**

“By the end of six months, I’d lost 29 pounds—a tad more than what I needed to win. Right after my victory weigh-in, my first impulse was to celebrate by enjoying a burger and a milk shake. Instead, I went back to that pizza parlor and ordered the delicious goat cheese salad again. The fact that I could overcome my initial impulse to celebrate with unhealthy food was the real victory.”

**The verdict: Loved it!**



**“It was painful losing the money, but I did break my plateau.”** —Kim Diamondidis, 47, Frederick, Md.

**-4**  
from 167 to 163 pounds  
in 6 months

**LOST \$150**

“After three years on Weight Watchers, I had lowered my weight from 230 to 167, but then the scale wouldn’t budge. I took a chance with HealthyWage and bet \$150 on losing 10 percent of my weight in six months.”

**TOUGH TIMES**

“During the first four weeks, I lost 4 pounds—which made me confident I would succeed. But then

the company my husband and I run hit financial trouble. I stopped eating in moderation and tracking my food. By the end of the six months, I didn’t shed any more pounds and lost the wager. It was painful, but I did learn I could break past my weight plateau if I set my mind to it and wasn’t stressed.”

**The verdict: Not for me.**



“Now, even without money on the line, I have high hopes those last few pounds will come off.”

