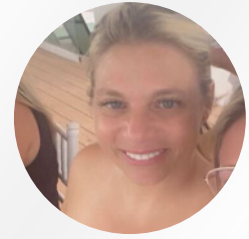


# A Dynamic Transformation: Deanna's GLP-1 Weight Loss Journey



**Name:**  
Deanna A.

**Age:**  
44

**Height:**  
5'3

**Initial Weight:**  
199 lbs

**Initial BMI:**  
35.2 kg/m<sup>2</sup>

## Pain Points

- \* Feeling Discouraged
- \* Self Conscious
- \* Unhappy With Self

## Obstacles

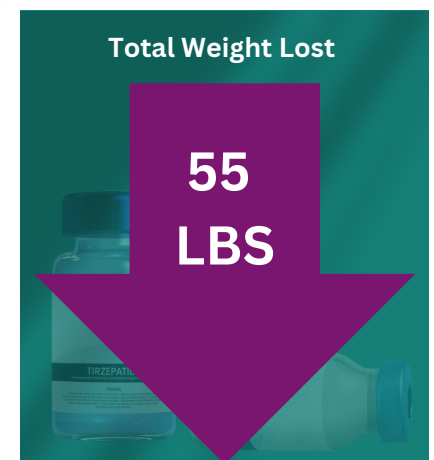
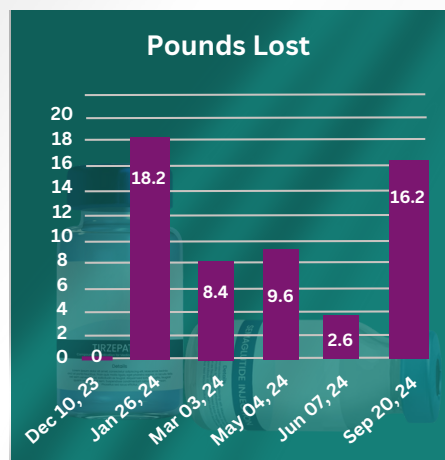
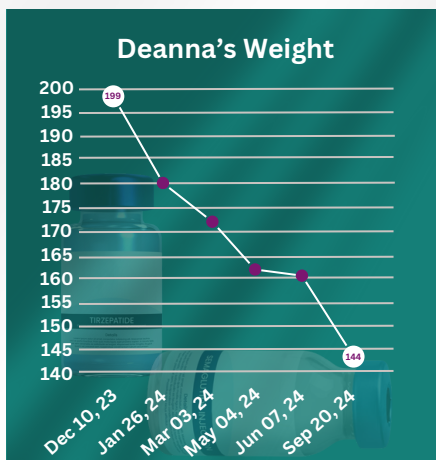
- \* Busy Lifestyle
- \* Desk Job
- \* Drinking

## The Challenge of a Sedentary Lifestyle

At 44, Deanna found herself in a job that kept her desk-bound for long hours. As a medical billing professional, she had little reason to move around during the workday, and less mental space to focus on increasing her activity as she was required to be engaged with her computer and at her desk for her work. Emails, deadlines, administrative tasks, phone calls, spreadsheets and the busyness of business kept her attention on screens with her mind active and productive but her body firmly in a chair. Weekends were spent with family, recharging for the week ahead.

This increasingly sedentary lifestyle took its toll, with Deanna weighing 130 pounds at 20 to 199 pounds at age 44.

## Deanna's GLP-1 Weight Loss Journey



## The Turning Point: Discovering

Deanna's life took a positive turn when she started a new job. Although it was still a desk job, with all the desk-bound productivity requirements, there was a significant shift in the dynamics of her daily life. The workplace culture placed more value on health and wellness and her colleagues' active lifestyles inspired her to take control of her weight loss journey.

*"Everyone around me was losing weight, and I'd been working out two times a day for 15-30 minutes at a time, but I wasn't losing any weight." -Deanna A.*

After consulting with a qualified healthcare professional from Hamilton Health & Wellness, Deanna decided to try Semaglutide, a GLP-1 receptor agonist known for helping with weight loss by regulating appetite and glucose levels.

## Treatment Evolution

- Initial treatment: Semaglutide for two months
- Follow-up consultation with Hamilton Health & Wellness
- Prescription switch: Transitioned to Tirzepatide



*I have a better self-image and more confidence than ever before!"*

*-Deanna A*



## Results: A Transformative Journey

After just 9 months of GLP-1 Therapy, combined with her original workout routine and support from Hamilton Health & Wellness, Deanna achieved remarkable results:

- Weight loss: 55 pounds
- Final weight: 144 lbs
- Final BMI: 25.5 kg/m<sup>2</sup>

Before

AFTER

I lost 55lbs!



This increasingly sedentary lifestyle took its toll, with Deanna weighing 130 pounds at 20 to 199 pounds at age 44.

## Results: A Transformative Journey

Deanna's weight loss journey impacted more than just her physical health. She experienced significant improvements in her emotional and mental well-being:

1. Lifestyle changes:
  - Stopped drinking alcohol
  - Improved diet
2. Emotional benefits:
  - Increased happiness
  - Boosted self-confidence
  - Enhanced self-image

**Book a free consultation today and discover how Hamilton Health & Wellness can help you on achieve success on your GLP-1 Journey!**

