

Hi. My name is Tynesha Denise Ross. I am 30 years old and the proud mother of Kyla (7) and Kadin-Royale (3). I participated in the Weight Watchers pilot program in 2010 and have successfully achieved my weight loss goal. At the beginning of the program, I weighed 238 pounds and wore a size 16-18 pants and a 18w-20w blouse. Now, I am a flashy size 11-12 bottom and a large or sometimes x-large top. I continue to work on my health because the program has taught me that I have to take care of myself in order to take care of my family. I share things with others and have learned from the support meetings. My children enjoyed socializing with other children they met in the play groups.