



Biggest Loser *Coba*

Here is *Coba* 4 months into the biggest loser challenge. She has lost 2.2 kg!!! The two biggest factors in her weight loss have been a change in type of food and also in the amount of food (ahem...snacks) she is given. We have switched to Acana Light & Fit and have gone from 1/3 cup twice a day to 1/4 cup

twice a day. We have cut down on the treats we give her even though she continues to stare at us with those adorable pug eyes that make us want to give in. Our favorite treat to give her is cucumber. She still gets regular exercise and we make sure to have bully sticks on hand to keep her mind off food. We are so proud of our little *Coba*! It is so wonderful to see her with a spring back in her step! Thank you Dr. Maja for getting us started on and guiding us through this weight loss journey and to all the staff for your continued support.

Sincerely,
The Wyness Family