



## **FLOSSIE ALEXANDER**

Wichita, Kansas

37 years old

**Highest Weight:** 325 pounds

**Weight Lost:** 165 pounds

*<http://my.sparkpeople.com/FLORENCEOSI>*

"I tried one fad diet after another, and in 2006, I reached the end of my rope. I joined a medically supervised weight-loss clinic, spending nearly \$800 a month. With seven kids, I couldn't continue with the clinic. With our food bill going up and the economy going down, we were feeling the squeeze.

"In January 2008, a friend introduced me to SparkPeople. After joining, I found invaluable tools to help with my weight-loss journey. Healthy recipes for the whole family cut down on our overall food bill because I could plan the week ahead and shop for deals. My kids have become educated right along with me, and their choices in life will be better than mine."