

**Transformation**  
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million to one lucky participant who has reached his or her target weight at the end of the challenge in April — and over 123,000 pounds have been shed so far through the program, according to the Dr. Oz Show Web site.

Community Organizer Marva Reid is among those hosting Transformation Nation programs in the area. Reid, a city native and avid “Dr. Oz Show” viewer, said the challenge inspired her to place a renewed focus on her own health and wellness, and she wanted to share the wealth.

“I knew I needed to get healthy, so I just said, ‘Well, let me do something for the community,’” said Reid, chair of the Ashley Precinct. “I do have some people that are ready to get themselves in gear.”

Reid has amassed a class of 25 for her program, which requires a minimum participation of 30. She is actively recruiting more participants and grant money that could offset the \$14 a week charge. She has set a personal goal of losing 50 pounds,



Marva Reid, center, takes part in a neighborhood gathering in 2008.

and says she uses her own story to motivate others.

“I say, ‘It’s time for us to get healthy. We need to stop eating like we do,’” related Reid. “I just talk very frank with them on a personal level. I rub my belly and they rub their bellies and I say, ‘We’ve got to do something about this.’”

WXII 12 News and the YWCA of Northwest North Carolina have teamed up to present Transformation Nation Triad, a free program designed to help participants lose weight and become healthier.

“It’s free of charge and it’s really reaching out to the community as far as weight loss,” Winston Lake Family YMCA Program Director Jolyn Roberts said of the program. “We’re trying to get the whole community involved.”

Signups for the program were held last weekend, to an enthusiastic response. All 19 participating Y branches filled their classes to capacity.

Roberts said she wasn’t surprised Winston Lake didn’t have trouble filling the 125 slots it had available for

the 16-week program, which will include a weekly boot camp session and nutrition information.

“We were getting at least 10 calls a day about it,” she related.

Weight Watchers Instructor Joyce Jacob-Mua will be working with participants in both Transformation Nation Programs. The San Mateo California native and mother of two has helped countless individuals attain their health and weight loss goals since joining the company in 2005, after undergoing her own transformation.

“It changed everything,” said Jacob-Mua, who shed a whopping 85 pounds on the Weight Watchers program. “I didn’t like exercising, and now I’m a personal trainer — who would’ve thought? I love doing it now.”

After being described as “morbidly obese” by her physician, Jacob-Mua, who has a history of diabetes in her family, says she decided to take control over her eating, and her future.

“The biggest thing for me was my kids. I did it for myself but I also did it for them, because I didn’t want them to grow up overweight like I did,” she related. “My legacy with my kids is they’re not going to have a weight problem. I’m not going to have diabetes, and

if they do what I’ve taught them, they won’t have to deal with diabetes either.”

Adopting a lifestyle that is conducive to weight loss and good health isn’t easy, but the rewards are well worth the sacrifice, Jacob-Mua said.

“The best part was deciding that I was worth doing this for. I learned this on my own and I kept telling myself, ‘I’m worth this,’” she related. “It’s empowering to know that you can do it.”

For more information about Transformation Nation, visit <http://doctoroz.sharecare.com>. To join Reid’s group, call (336) 997-2519 or email [godstrblzr@gmail.com](mailto:godstrblzr@gmail.com).



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