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December 15, 2008

The Oprah Winfrey Show  
110 North Carpenter Street  
Chicago, IL 60607-2146

Dear (Producer's Name):

Oprah's acknowledgement of her recent weight challenges and Oprah.com's request for personal stories on "***falling off the weight loss wagon***" inspired me to share my story.

- My mother welcomed me into her home when I was an infant foster child.
- I watched my mother fall off the weight loss wagon repeatedly during my childhood. She suffered from hypothyroidism and obesity-related health issues.
- Despite my attempts to motivate, educate, and support my mother in managing her weight...she died in 1997 (and weighed over 300 pounds).
- I experienced grief and guilt for not being able to help the woman who had selflessly done so much to help me.
- I learned that the weight management cycle is "*emotional first, mental second and physical third.*"
- I learned how to forgive myself and others for weight fluctuations.
- I developed humorous, fictional characters to help improve my weight management skills using a fun approach that is easy-to-maintain.
- I have "***fallen off the weight loss wagon***" due to recent life changes - marriage, new job, new home state, first child, and the declining health of my 88yr old foster father.
- In a recent interview with CNN...Michael Phelps spoke about the publicity tour that has led to him being over 200 pounds for the first time in his life. Even Michael Phelps can get imbalanced...but, you can be sure he'll "get his balance back"...as will the members of Oprah's audience who have "***fallen off the weight loss wagon.***"
- I continue to have fun balancing and managing my weight.

Kevin Jones

Healthy Wishes

P.S. – As part of the segment, you might consider a discussion that challenges the notion of "***falling off the wagon***" as a way to help Oprah's audience develop a healthier, more constructive framework for weight management that is likely to reduce the number of "grace pounds" gained...while empowering all to stay conscious, balanced and joyful during stressful times.