

# Award inners

## Youth

### Amy Gryba

Amy Gryba is well-rounded in her studies and in life. She is equally at home in a physics lab, on a softball field or in front of a microphone.

Gryba was the recipient last week of the Woman of Distinction Award for Youth.

Winning awards are not new to her. She has received a prestigious national Undergraduate Student Research Award for two consecutive years.

She says her passion for physics allows her to think outside the box.

"I was originally going to go into art school, but found a creative outlet in physics."

Professors are extremely impressed by her academic achievements and talent, especially in her advanced experimental physics class. Gryba plans to complete her Masters in Engineering Physics and to land her dream job in research and development in small electronics.

She credits her family for her success.

"(My family) has been incredible role models for my success. This award doesn't just speak to what I've done, but also how important a role they played in my life."

Her other passions include singing and fastball which allowed her to go from "playing ball in rain last night, to a dress and heels tonight."



Photos by Ryan Grainger

## Curious about weight loss surgery?



BEFORE

In July, 2011, Ron viewed an ad for Weight No More Consulting.

Weighing 588 pounds at one point and feeling like "I should just eat and eat to get over 600 pounds just to say I had been there" and realizing this was just plain crazy thinking! So, tired of being obese since childhood, tired of being ridiculed, teased, bullied and last to be picked on teams, he decided he was the only person who could take that first step and that first step was to call Debra Simons of Weight No More Consulting and arrange for a consultation.

After carefully explaining the process the surgery entailed, Ron decided to go ahead with it. Implementing a Pre-Op program, Debra developed a plan including a diet and this is how Ron began his new journey.

Ron and Debra flew to Tijuana, Mexico and on September 12, 2011, Ron had the surgery. He remembers "Debra was at the hospital with me and was such an inspiration to me after the surgery."

"Every time I looked up she was there smiling at me and letting me know that everything was okay," she encouraged me to get up and walk as much as possible as the more I walked the better I would feel.

Once he returned home, Ron joined the monthly support group conducted by Weight No More Consulting. Now, eight months later and 210 pounds lighter, rather than sitting at home with no social life, Ron now has to build a social life. He no longer hides from pictures and no longer has to worry about special occasions. "I am feeling great! I can see my toes again and can do so many things I couldn't do before because of my weight. It's like I have a whole new world to explore and can't wait to begin!"

Today, Ron is happy and healthy and can't thank Debra and Weight No More enough for helping on this very difficult journey. His only regret is not having the surgery earlier.



AFTER

Call 343-0907 (Saskatoon) or Toll Free 1-855-343-0907 and speak with Debra about a consultation

**Weight No More Consulting** For more information visit [weightnomoreconsulting.com](http://weightnomoreconsulting.com)