

Lap Band Beginnings

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Stephnie had the Lap Band procedure done in October of 2008, noting that weight gain and weight losses have been a constant in her life for the last 10 or 15 years.

Looking for an inspiration to help stay trim, Stephnie discovered it in her 13-month-old grandson. Stephnie said it was difficult to get down on the ground to play with the little boy, but those days appear to be behind her.

"He was an inspiration to me to lose the weight," Stephnie commented. "I wanted to be healthy to be around my daughter and grandson," she added.

As Stephnie sees it, the Lap Band surgery has been a wonderful thing for her. She believes it is the healthiest way to lose weight. "I hope I can be an inspiration to all those people who want to have the surgery," Stephnie said.