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3 Women, 3 Approaches To Losing Weight

Michelle Wright Follows Women During Weight Loss Battle

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PITTSBURGH -- The secrets to losing weight can be different for everyone, so Channel 4 Action News anchor Michelle Wright followed three women to see how they were faring at different stages of their weight loss battles.

Nancy Pochecko, who said she once weighed between 450 and 500 pounds, has lost nearly 275 pounds in recent years.

Pochecko, 49, said doctors told her she was risking having both legs amputated because of her weight, so she started dieting and had a double knee replacement.

Most importantly, she said teaming up with a trainer really helped her fight.

"Motivation would be first of all, if you can find a buddy -- somebody that can keep you going and keep you accountable," said Pochecko.

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Michelle Ciorra, 44, said various health problems motivated her to start making changes last June.

"I was flirting with being disabled. I really felt my next step; I had to park in a handicapped spot. It was bad, uncomfortable. I didn't want to live that life anymore," said Ciorra.

She said she decided to join Jenny Craig and started working out, losing 100 pounds in six months.

"I know a lot of people are in my situation, where it's just unhappy being in a situation in your personal life that's unhappy, depressed, stressed, all those things," said Ciorra.

Ciorra said she looks at old pictures of herself to keep motivated.

"I don't recognize that person at all and I don't ever want to see her again, ever," said Ciorra.





For Carole Balk, losing weight became a family affair, she said.

"I'm constantly learning how to make healthy foods taste delicious, " said Balk.

They joined We Can! Pittsburgh, which separates foods into three categories -- go, slow and whoa.

Go gives the green light to eat a specific food, slow means to eat slowly because there are both nutritional values and unnecessary calories involved, and whoa cautions not to eat a certain food often.

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"It fosters communication and they always say communication is the backbone of a good relationship, and it's positive. We're doing something positive for the family," Balk said.

So, all three of the women who Wright met are in different places in their fight, but they're winning their weight loss battle.

The key for Pochevko was to get a partner, while Ciorra said the pre-packaged meals helped her, and Balk said getting her whole family involved has been very helpful for her.



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