

## Afiya “Fefe” Tice



At 392 pounds, Afiya “Fefe” Tice, feared she was headed down the same road as her dad. He died of a heart attack due to unmanaged Diabetes and morbid obesity. Her fears were heightened when her primary care physician, Dr. Wolfe, said “If you don’t get your weight under control, you’re going to have a stroke.”

Fefe was 39 years old and knew it was time to change her life. Sodas were her addiction. She gave them up and replaced them with water. “It was the hardest thing I’ve ever done,” said Fefe. She sought out Dr. Chris Finnell, who helped her with weight loss surgery.

Now four years later, Fefe’s new lifestyle is not new anymore, it’s simply her way of life. It involves a completely different way of eating than when she was almost 400 pounds and regular exercise. “When I first started exercising, I was so sore I couldn’t ride the bike for four minutes straight.” She added, “Now I go to Spin Class and Strong HIIT (high-intensity interval training) class at a local gym.”

The most amazing thing Fefe has seen from her lifestyle changes is how it’s affected her 15-year-old son. Her healthy habits have positively influenced him. Like her, he exercises more, and he lifts weights every day. He plays football at his high school.

Fefe is down from three blood pressure medications to one. She commented, “I feel so much better now. I have so much more energy and a better outlook on life.” She concluded, “If I can do it, anybody can. I started at the bottom.”