

By: Deshotel

H.R. No. 1354

R E S O L U T I O N

1 WHEREAS, In a remarkable demonstration of self-motivation
2 and determination, Angela and Willie Gillis of Beaumont have
3 greatly improved their fitness and well-being by losing a combined
4 total of more than 500 pounds over the course of two years; and

5 WHEREAS, At the start of this remarkable journey, Mr. Gillis
6 weighed 492 pounds, and Ms. Gillis weighed 338 pounds; on January 6,
7 2011, a few days before their first wedding anniversary, they
8 decided to start living a more healthy lifestyle and lose as much
9 weight as they could; and

10 WHEREAS, The couple educated themselves about exercise and
11 began working out at a gym six days a week; at first, all they could
12 do was walk for 30 minutes on the treadmill, but eventually they
13 increased the duration of the exercise, and Ms. Gillis began
14 running; and

15 WHEREAS, The couple also learned more about food; they cut
16 back on eating out at restaurants and began to cook for themselves,
17 using more healthful ingredients such as vegetables, lean meat,
18 chicken, and fish, and they became more attentive to portion size
19 and to their intake of fat, sodium, and sugar; and

20 WHEREAS, Their mutual encouragement of each other was
21 essential to their success, since neither wanted to disappoint the
22 other; they also took advantage of every tool at their disposal,
23 using an iPhone application to track calories, keeping a
24 photographic record of their progress, and sharing their

1 experiences, recipes, and techniques for healthy living with others
2 on Ms. Gillis's blog at WeBeatFat.com; their story was featured in a
3 CNN Health article in March 2013; and

4 WHEREAS, Thanks to their smart choices, hard work, and
5 dedication, Mr. Gillis lost 300 pounds and Ms. Gillis lost 200
6 pounds; moreover, Mr. Gillis is now a member of a running club, and
7 Ms. Gillis recently completed a half marathon and teaches classes
8 at a local gym; and

9 WHEREAS, By taking responsibility for their own health and
10 working hard to achieve their goals, Angela and Willie Gillis not
11 only have made a great improvement in their own lives but also have
12 become an inspiring example to others; now, therefore, be it

13 RESOLVED, That the House of Representatives of the 83rd Texas
14 Legislature hereby congratulate Angela and Willie Gillis on their
15 impressive weight loss and extend to them sincere best wishes for
16 continued success and happiness.