# TIFFANY MENNE

**03/06/13 – Before** **06/26/13 – After**

Hi! My name is Tiffany Menne, I'm 32 years old and I want to be part of the "Big Loser" program because of my 3 very active children. I want to be able to help them with their sports and not be out of breath doing it. Also for myself because I enjoy riding my horse in the summer. So I know with hard motivation I will be able to do stuff that my family and I enjoy. With being chosen with the "Big Loser" it will help me reach my goals of being a healthier more active person. Thank you so much!

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**1 – Month Update**

I can't believe it has been a month already! Boy it's been a challenge. But with the wonderful people with the "Big Loser" program, and past "Big Loser" people. I'm really looking forward to more challenges in the future. They have taught us to eat right, and portion sizes is a big deal, and also to look at labels and serving sizes. It's crazy how much bad stuff is in the food we have eaten. With their help I really think is help me make right changes, not just for the program, but for my life after the program.
With that being said, I can't wait till what is yet to come. I'd like to thank everyone so far what they have done.

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**2 – Month Update**

Well, the second month is over. And I feel really happy what I have achieved so far with the "Big Loser" program. I haven't reached my goal yet, but I have been moving towards it. I'm going to be participating in my first 5k on Sunday (If the weather is better). I'm really looking forward to it. And I think it will be a lot of fun. Wish me luck!!! Thanks

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**3 – Month Update**

Wow! The final month is here. I cannot believe how fast it has gone by. I am feeling the best I have felt in a long time. I can actually run and play catch with my kids without being totally exhausted. It feels great! I'm really excited for this summer (if it every gets here) cause we love doing stuff in the summer and I have energy to do everything I love to do! It makes you feel so good when a person comes up to you and says wow you look totally different. How did you lose all that weight? And I say you just have to work hard and exercise, and watch what you eat. Simple as that. I just want to take time and thank everyone for having the "Big Loser" program here in Cresco cause gives people that were heavy like I was the encouragement to lose weight and eat right. Thank you so much. And please wish me luck!!