

# MARY PAT SILL

02/29/12 – Before



06/20/12 – After



I remember having a hard time growing up in Florida because people my age tended to judge you based on how you look. I tried Weight Watchers, but after a few months of progress, I gave up when I had a week of significant weight gain. Looking back, I was my happiest when I was on the swim team and rode my bike all over town, including going to and from school. I think I just had more energy.

When I met my husband three and a half years ago, I felt blessed that he saw past my weight, but it still bothered me because I want to be as beautiful as he makes me feel. Since we moved from Florida in December 2010, I was diagnosed with Type II diabetes and had my gallbladder removed. I've been paying more attention to my body and general health, and I've noticed that I feel the strain of carrying my weight. Now that I am healed from the surgery, I would like to stabilize my weight and blood sugar numbers and finally start a family. I know that even losing 10% of my body weight would help enormously with fertility and with general health. I also know I do not want to be a mother who sits on the sidelines and watches her children play, I want to be an active mother so my children are naturally active too.

I want to be a Big Loser because I know that being obese and having diabetes at 21 could severely affect my future health and livelihood. However, I have big plans for the future and I don't want my weight or unhealthy eating habits to affect my goals (including becoming a high-school math teacher), my adventures, or my future family.

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## 1 – Month Update

I've lost a little weight this month, but the biggest positive change I've made is to the way I eat. I make sure to write things down and keep within certain calorie and carbohydrate limits. It is a lot easier to turn down a slice of pizza when I know it's not worth it. I also have noticed a huge change to my diabetes numbers - in just a month, they are already down into a normal range. Now that my busy month is over, I hope to use my extra time to exercise more. I'm having the most trouble making sure I get out of the house and move.

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## **2 – Month Update**

I can't believe it has only been two months. I feel like a completely new person. I'm in a rhythm of counting calories throughout the day, and have gotten used to looking out for new types of healthier food. My unofficial goal for this whole program was to lose 10% of my body weight, and as of now I really believe I can do it. The support I'm getting is incredible and all I want to do is keep moving forward.

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## **3 – Month Update**

This past month I didn't pay as close attention to what I was eating and it really showed. I still lost 1-2 pounds a week, but I feel like I could do better. I know that this will happen throughout my whole journey to get healthier, so it is good that I figure out how to re-focus my efforts now. For this last month, I want to do some level of exercise every day, even if it is a short walk, as well as getting back to counting calories and writing different meal ideas down. I've always heard that the beginning is the hardest part, and I do not want to have start over all over again after accomplishing so much.

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