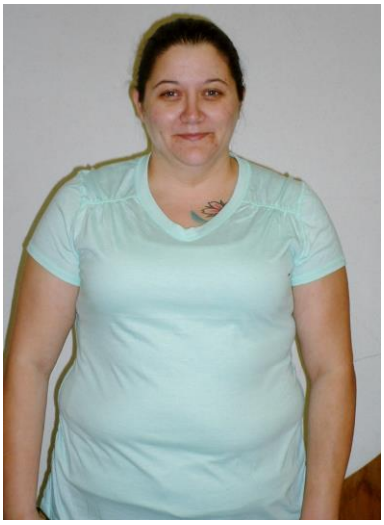
KELLY LARSON

03/04/15 – Before **06/24/15 – After**



My name is Kelly Larson. I'm 35 years old and I live in Cresco. I chose to apply for the Big Loser contest because I have struggled with my weight most of my life. I have tried everything from diet pills to weight watchers to extreme workouts. I had success with some but nothing permanent. In 2007, I was diagnosed with Hashimoto's Thyroiditis, an auto immune disease that causes hypothyroidism. This makes losing weight or having energy for long workouts difficult. It is my hope that this program will help me to create healthy habits that will combat my symptoms so that I can be a better, more active Mom for my three children.

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1 – Month Update

Since starting the Big Loser program a month ago, I have changed in a number of ways. I am more active, I eat healthier, and I am setting new goals for myself. I participated in the Brew and Stew and have signed up for more 5k events in the near future. While I may not see large changes on the scale, I feel more energetic and confident. The best part though, is that my children are my cheerleaders. They, too, are more active and are more aware of what they eat. This has truly been a family affair and I can't wait to see what the next two months will bring.

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2 – Month Update

During this month of the program, I have learned so much about nutrition and ways to beat plateaus. This has been helpful in keeping me motivated to continue. I can feel myself getting stronger, and am able to do longer, more intense workouts. I am finally learning that it's okay to stumble and make mistakes, as long as I keep working towards my goal. I have completed my second 5k walk/run and look forward to doing more. Through this program, I am discovering a side of myself that I didn't know that I had. The next couple of months will be challenging, but I'm up for the challenge.

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3 – Month Update

This past month has been especially challenging. With a busy schedule and even busier kids, it's hard to stay on track. This change is going to a challenge for the rest of my life, but it's a challenge I'm willing to take on. I've learned a lot about myself during the course of this program, especially on my own this past month. I'm learning how to say no to the bad habits that got me to this point. And I've learned that I'm stronger than I ever thought I was. I completed my second 5k walk/run this month, and even

improved my time from the last one. The best change has come from my family. My daughter has participated in fitness class with me and my husband will be joining me for boot camp. I can feel good knowing that my changes are inspiring them. Even if I don't lose the most at the end of this program, I've gained enough to keep moving in the right direction on my own.