

TOM CROUCH

03/06/13 – Before



06/26/13 – After



Hi, my name is Tom Crouch. I want to be a Big Loser because I've gotten too big for my age at least from my point of view. I also want to be fit like I was several years back and I have the lack of effort sometimes. I'm a father of 4 wonderful kids and a husband of almost 20 years with my wife. I know if this possible that with the work ethic I have I can maintain the weight off.

I come to the terms that I become fat and need a swift kick in the behind to become a slimmer man and help with my confidence. I know as I get older it may become harder to lose the weight but, it's a challenge that I'm up for and to be honest I really don't like myself the way I see myself these days. Also it may be better for my health down the road and to me and my family that's what matters.

If given this opportunity to become slim it will give me motivation and pride for myself that will go a long way. I'm almost asking for a cry for help and I'm in it at 110%. Thank You.

1 – Month Update

It's been over a month since I joined the Big Loser program. It's been tough so far but I have seen a lot of improvements with my choice of foods and my commitment to exercise. I know there is a lot of work to do but, I'm motivated to make the change for the better. I've been working out every day for about 2 hrs. and feel great afterwards. My wife Tammy has been there every step of the way as well as I'm for her and the both of us are in it at 110%. I want to take a moment to thank everybody for their support and compliments they go a long way.

2 – Month Update

It's been 2 months in the Big Loser program and everything has gone great. The weight is dropping and I'm maintaining my eating healthy. I want to say to the coaching staff thank you for your guidance and support through this journey to weight loss. I also want to add that it works with the commitment and heart that you give yourself and with compliments from others as well as family. It becomes tough from time to time but, it would only become an excuse and excuses are for the weak. I believe in this program with all my heart and highly recommend it to others that also have their struggles with

weight. If you can sacrifice time and effort it will pay off. I thank all my friends and family for their support and we're not done yet. GO BLUE TEAM!!

3 – Month Update

It's come down to the end of the Big Loser program and I have seen a lot of changes with choices of foods and consistent gym use. I still believe there is a lot of work to do and I'm not satisfied just yet with the last month approaching I have to take it to whole new level. I thrilled that I was break some old habits and so far I haven't looked back. It's been a roller coaster ride with highs & lows but, I have battled this far and glad with supporting cast that I have it makes things much easier and thanks to all that held my hand thru this ride. Thanks again and lets go Blue Team.
