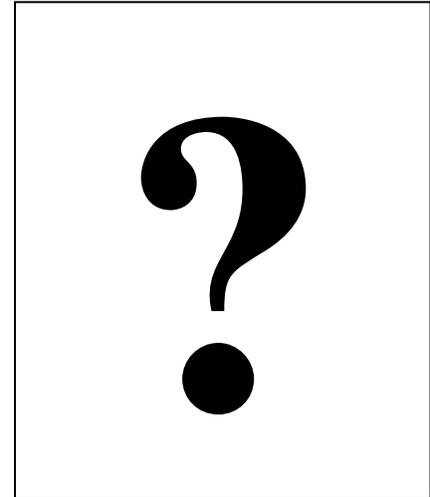


WETHERINGTON, CRYSTAL

Before



After



Hi my name is Crystal Wetherington and I have lived in Cresco for the last 21 years. My Family consists of Bill my best Friend/Husband (18 years in February) and my two wonderful sons, Aaron 17 years old and Tristan 14 years. I have been employed at Donaldson Company for over 25 years. I want to be selected as a big loser participant, because I am 52 years old and very overweight for my height, and unfortunately I know I'm not going to get any taller. I need to learn nutritional information to help me make better food choices and also develop a regular exercise program so I can lose weight and keep it off. I come home from work most days tired and want to take a nap; I know if I could lose weight I would have more energy. I am at the heaviest weight I have ever been and it's been very hard on my self-esteem and body image. I want to be able to say "Yes" to my son when he asks me to play basketball or other physical activity, instead of maybe tomorrow. Well, Tomorrow is here and I need to make some positive changes in my life style, to not only lose weight, but also to help my self-image and guarantee that I am around to watch my children grow to adults and become a healthier partner for my Husband. I hope you will choose me to become a "Big Loser" so I can be part of a team and get the motivation I need to make some changes. Thank You!

1 – Month Update

Wow the last month has gone by so fast. I am enjoying our weekly meetings and feel like I am learning a lot at each one. I've learned not to just watch the calorie count of foods, but also to check labels for fat, carbohydrate and protein content. I always thought I drank enough water on a daily basis, but I found out I didn't and I am working on drinking more. I'm learning about the workout machines and equipment at the Fitness center and trying ones that I never have before. I'm getting in the habit of eating smaller portions and making better food choices. I've did a few challenges with my group and survived! It's been a Good month and I'm feeling my energy increase the more active I become. I'm looking forward to the next 3 months and accomplishing the goals I've set.

2 – Month Update

Wow 2 months down already, hard to believe. I'm getting to the point where I am enjoying exercising and I feel guilty when I don't it's great. I admit some days after working all day I have to talk myself into going to the fitness center but I have some great support from friends at work, and once I get there I'm glad I did. We are learning a lot of interesting things in our group meetings. We also have done a few challenges some I liked more than others. It's still a struggle to always make the right choices especially when eating at restaurants but it is getting easier. I want to thank TJ, Sandy, Bill and Amanda for all their great information and encouragement.

3 – Month Update
