

# JOSH MOORE

02/29/12 – Before



06/20/12 – After



My name is Josh Moore and I want to tell you why I should be considered one of the participants of the Big Loser program this year. This is one of those programs that I have always wished I could be a part of. I need the nutrition training to help me identify my problem foods and to help change my lifestyle of eating. I also would like to have the opportunity to use the fitness center equipment and facilities to help me get into an exercise program.

Since 2002, right after my left knee ACL replacement, I have seriously had a problem working out and maintaining a good exercise regime. I think that with the help of a personal trainer and nutritionist I will achieve my goals.

Currently, I work as a Paramedic at Winneshiek Medical Center, and I work very odd shifts. Always 12 hours, but I work 3 times a week, for a total of 72 hours every 2 weeks. I am 38 years old, married, and I have 2 children Logan and Meredith. I want to show them that being heavy is not a good thing and to show them how exercise will be beneficial for them in the long run.

I hope to be chosen for the Big Loser program and I thank you.

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## 1 – Month Update

Well it is amazing how fast it has gone by! My biggest obstacle that I have identified is my work. Working as a Paramedic has a lot of disadvantages when it comes to weight loss. I work nights, and that is especially hard, but I have learned to cope and adjust my schedule. This has been surprisingly the easiest hurdle to accomplish. I always thought, "I don't have time", and "I'm too tired." Well, I am tired, but I have the time and the way exercising makes me feel afterwards, I have found the time.

WATER AEROBICS!!!! I love them!!! I find myself going to the Monday, Wednesday, and Friday classes. The time spent there is wonderful and I love the support from the water aerobics classmates.

The main, and most rewarding, is all the support from the people of Cresco. I have heard nothing other than "WAY TO GO!" "KEEP IT UP!" I always knew it would be helpful, but to hear it from everybody. Thanks!

Lastly, a big thank you to my co-workers, I have gotten nothing but support, and encouragement. Especially, to Carrie Quandahl, she has switched many shifts with me so I can make the Big Loser meetings and work-out times. Carrie, besides my wife Barb, has been my loudest supporter.

Currently, I have lost weight, I am making much better choices in what I eat, and I am exercising 6 out of 7 days. Along with the water aerobics, I am up to walking 3-4 miles a day. I have found out that taking a day off from walking allows my body to re-energize and I can go farther the day after.

I have set a goal for myself of losing 20% of my starting weight, and I know that I am on the right track to success.

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## **2 – Month Update**

It is amazing how fast this has gone! We are into our 8<sup>th</sup> week and I could not be feeling better. I am working out about 6 times a week. I am doing both the water aerobics, and using the fitness equipment. I love walking and I am getting close to 4 miles in a day.

About mid-month I hit my first plateau. It was very difficult to deal with, but with encouragement from everyone, it was easier than I thought to get over. I have had another setback though. While working out in the pool, I suffered an injury to my left knee, but after 2 days of rest it feels much better and I hope to be back on the treadmill.

To my other Big Loser contestants. We have been seeing each other for 8 weeks now. We see each other while working out, and I have nothing but admiration for all of you. The encouragement you all have given me has been amazing. Thank you! I am losing weight every week and with all the support I have received I know that I can reach my goals.

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## **3 – Month Update**

ONE MONTH TO GO!!!! I can't believe how fast this has gone! I have to be honest; I entered this contest not only to lose weight, but to win. I have reached a point in the last 3 months that it is not about winning, it is about changing and creating a lifestyle for myself and my family that is healthy and winning does not matter. I am a BIG LOSER! No matter what happens.

I have shown my family what it takes to lose weight. Both Barb and I have been losing weight. We go at it for encouragement and competition between us. To date I have lost 24 lbs. with the big loser program. We have both lost weight and will continue to do so.

My heartfelt thanks to everyone in Cresco who has seen us working out and given us the encouragement, the "WAY TO GO!" that we need. Thanks again.

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