

# ANGIE BOHR

03/02/11 – Before



06/22/11 – After



My name is, Angie Bohr and I am 28 years old. I feel I deserve to be the BIG LOSER, because of my children, my family and myself. With my oldest daughter being four years old and my youngest twelve months, this spring/summer season is going to be very active. My daughters are going to want to be outdoors as much as they can riding bikes, going on walks, and playing in the back yard. I would like to be able to entertain my children as much as I can in the fresh air as long as I can without taking long breaks, and spending the nice summer days outside.

I also believe that I deserve to be the BIG LOSER not only for my family but for myself. I myself need to get into shape and maintain a steady work out program, and live a healthier life style than I do now. I need to set a good example for my daughters so they do not have to go through trying to loose weight like I am. I have always tried to set goals for myself but never succeed, this is my time, my motivation, my determination, I deserve this!

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## 1 – Month Update

Well, four weeks down and I'm more determined than I have ever been. I know now anything is possible if you just put your mind to it. Not only am I doing things I never thought I could do but I'm succeeding at them, not as fast as I would like to but I'm trying, that's what counts!

On Monday nights I attend the Zumba class at the Fitness Center, which is a really great work out and fun exercise. Then I'm trying the Insanity workout with a very good group of friends. On Tuesday and Thursday mornings I attend water aerobics. Not only have I been going to the Fitness Center to continue the exercise programs, but I have also been exercising at home with the help of my oldest daughter. I would have to say that I'm lucky to have such good friends and past Big Loser support to help me. It has been difficult raising two wonderful girls and trying to get to the fitness center, I feel like I'm never home, but I know once the weather warms up the girls and I will be out riding our bikes, walking around town, and enjoying the fresh air most likely at the parks!

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## 2 – Month Update

We are now at the half way mark, and I am not where I hoped to be at this point but the scale is moving in the right direction. I had set a goal and although I did not meet it I am close, which is a positive motivation for me.

I am preparing myself for the Notre Dame 5k that is just a couple of weeks away. This is the first 5k that I will be participating in and I am excited to do this with great friends that will be pushing me to succeed.

I'm still continuing with my water aerobics and Insanity workouts, I now find myself in the weight room at the fitness center lifting weights and working out on the machines. I find it quite peaceful and it gives me the time I need for myself.

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