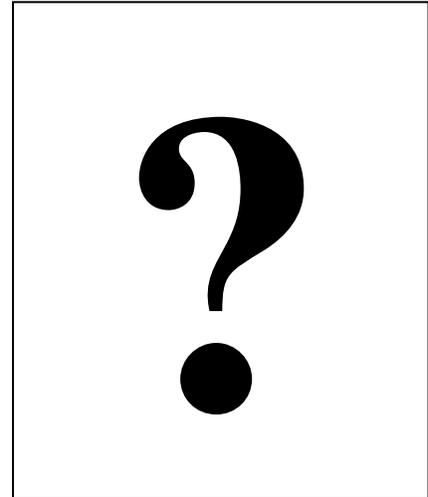


RIHA, HEATHER

Before



After



My name is Heather Riha and I am a 23 year old hoping for a chance to participate in the Big Loser contest to impact my life. I grew up in Cresco being active in every sport possible through park and rec, and I went on through school continuing my participation in sports. While in high school I found a love for marching band. I continued that into college where I was a member of the Iowa State Marching band while working on getting my Bachelors in Psychology. I never realized how much activity I would be missing out on after graduation. I am now looking to find a way to get involved in some other form of fitness. I have always struggled with my eating habits but it seemed to even out with all the activities I was involved in. I have tried diets in the past that are unhealthy for the body, but I want to learn how to improve my eating habits the correct way. I am sick of feeling unfit and am ready to feel refreshed with new eating and fitness habits. I am hoping to be chosen for this opportunity to be able to drop some pounds and build muscle, to walk away with new knowledge on fitness and healthy eating, and lastly to find a new love of a fitness activity that fits with my current life style.

1 – Month Update

The first month has been a challenge for me, however I have made some changes I am proud of. I have realized how much just two years can do to a person if you aren't careful with how you eat and exercise. Sandy has been very helpful with the eating habits and teaching about what we need in our diets. I've been able to have full workouts without feeling sick or dizzy because of the tips of what to eat before a workout. This past month I've struggled to get rid of some habits but am gaining some better ones. I used to drink pop daily, but now I don't crave it. I have felt better and taking my dogs for a walk and getting to the gym as much as possible. Everyone helping with the program has been so helpful along the way.

2 – Month Update

It's hard to believe it's been two months already. I've noticed that I don't feel as if I'm trying as hard as I was before. I look back and realize I continue to choose foods that are better for me and it's just becoming more of a habit and seeming easier. I've started to look closer at the foods I buy and cook a lot more from scratch so I don't have all the added sugars. I've noticed my workouts were starting to get easier and less boring. When we discussed different ways to write your own workouts it seemed to help me a lot. Now that it is nicer outside I am always looking forward to being outdoors doing yard work as another workout as well.

3 – Month Update
