

JAMIE SKODA

03/06/13 – Before



06/26/13 – After



I would like to be selected to compete in the Big Loser so that I can acquire healthy strategies to lose weight through diet and exercise. I am getting married this summer and want to look and feel my best. Being a part of the Big Loser and being surrounded by others trying to lose weight would be helpful for me.

While in college I ate out a lot and stopped working out on a regular basis I just kept saying “oh I can lose five or ten pounds easily.” Eventually all those five and ten pounds added up and I never lost the weight. After seeing my engagement pictures, reality set in. I want to look healthy and in shape not overweight.

When I saw the Big Loser being advertised at the Cresco Fitness Center I knew that this was the program I was looking for. This program will give me the tools and knowledge to lose weight and the chance to use those tools in my everyday life while still having that support group before going on my own. I want to lose the weight and look great for my wedding, but also I want to create a healthy lifestyle so I don't put the weight back on.

1 – Month Update

Things have been going good for me since the challenge has started. Every day I am getting better and my workouts are getting easier. I have set goals for myself to help keep me motivated and able to attain my end goal. Being a part of the Big Loser surrounded by others trying to lose weight has been helpful and motivating at the same time. The nice weather outside has been a big motivator for me to get out and moving. I still have a lot to work on but now I have a plan and people to help me achieve my goals and stay motivated.

2 – Month Update

Wow 2 months already. I feel like it was just yesterday that I sent in my one month update. Things have been going good for me I have got in a routine and I have been sticking to it. The support from the other big loser contestants and trainers has been really motivating for me I don't think I would be where I am at right now if not for all their support and encouragement. Being surrounded by this support system has kept me motivated and coming back to the gym even on the days I would rather stay home. I have signed up to participate in a couple 5k races to keep myself motivated and working

towards the big loser walkathon in June. Thanks to everyone for your support and words of encouragement.

3 – Month Update

One month to go! I can't believe this has gone by so fast. I have been working away and getting better each day. I struggled right away this month not meeting every week but found that the tools I had learned right away have helped me greatly to get into a well-balanced routine. I have a lot going on this last month with going to school, working, and tying up loose ends for my wedding. My goals for this last month are to start running to prepare for the big loser walkathon and some various 5ks.
