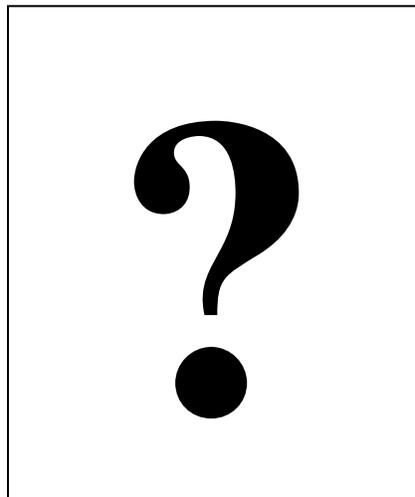


ERIC VOBR

03/05/14 – Before



06/25/14 – After



Hello I am Eric Vobr. I am married to Melissa Vobr and we have 3 kids. Joey age 8, Jaylee age 5 and Garratt age 3. I want to enter the Biggest Loser contest to lose some excess weight and to get into better overall shape. I work in equipment sales for Bodensteiner Implement at the Davis Corners store and have been there for 4 years at the end of March. I am also on the Cresco Community Fire Department. One of my main goals of entering this contest is that I want to be in better shape for when my kids ask me to go out and play in the yard so I am not struggling to get around. I quit smokeless tobacco on January 6, 2013 and have put on some weight since quitting. I am proud that I have quit chewing but not so proud of the extra weight that I have put on since then. Another big reason is when at a fire scene or during training I want to be able to accomplish my duties with greater ability and not be struggling to complete my duties. I have started since the first of the year watching what I eat but still need to a better job on portions and what I eat during the day. This contest will give me the tools to lose the weight and get into better shape so I can spend many more years with my kids do whatever they want and not struggle to be there with them. -- Thank you.

1 – Month Update

This contest is going along really fast. I have learned a lot from the instructors and will continue to work towards my goals of a better lifestyle and weight loss. At one month in the Big Loser contest I am feeling better and I am starting to lose weight. My biggest challenge so far has been portion control during meals. I have been doing a great job of watching what I eat but portions control is the biggest challenge. I workout, run and use an exercise bike 5 days a week. My workouts have been getting better every week and I am starting to see results each week. The weekly meetings are very helpful in teaching us helpful tips and dos and don'ts of exercise. Thanks for the support and all help that everyone has given to me now and in the future.

2 – Month Update

The last two months have gone by with weight coming off. The last couple of weeks have been a little slower but the weight is coming off. I am exercising every morning and am looking forward to warmer weather to start walking/running outside more. I am learning more about what works and doesn't work with weight loss. I have noticed that I am in better shape and overall health has improved. I continue to change and improve on what I am eating and the size of the portions I eat every day. I want to thank my family for the support they have shown and to the people in the community that I see around town for their support. I also want to thank T.J., Amanda, Bill, Sandy and the employees of the Fitness Center for their help and support. This process of better health and fitness will continue even after the contest is over. Thank you for the support and help.

3 – Month Update
