

LYNN ROSE

03/04/15 – Before



06/24/15 – After



My name is Lynn Rose. I would like to be selected to be part of the 2015 Big Loser Challenge. Five years ago, I was a participant of the Big Loser, but stress of going through a divorce, having to get a second job, being a single mom, being an emotional eater, became too much for me. I had to get things together for my kids before I felt I could concentrate on me, so I quit. It was a huge mistake, but we all make those. Now my life has a different perspective. I recently remarried to a wonderful man, Joe, and feel that I have gotten a second chance at living life again happily. But to live life to the fullest, I need to lose weight. So I am asking for help to overcome this obstacle. I know that I can benefit from learning strategies to eat healthier and gain support from those who are also trying to lose weight. I have a history of obesity in my family along with high blood pressure, diabetes and stroke. This time I have motivation to succeed for me. There is a better life that I see now that I didn't see before. When I saw the Big Loser advertised in the paper, I knew this was a sign. I will gain tools to get and stay healthy. I will get the support from those fighting the same battle. I want to learn a healthier lifestyle so that I can share my knowledge with my family.

1 – Month Update

It is hard to believe that a month has already gone by. I am feeling healthier, stronger, and wiser. Counting my calorie intake and keeping a journal of what I eat along with teaching my family what a serving size really looks like has helped a lot. I also write down my achievements in exercise which motivates me to do more by increasing little by little the time and/ or the weight that I am lifting. The support that I get from my family and friends has been terrific. Clothes are starting to fit better and as for my personal weight loss goal, I am right on target of losing a little at a time.

2 – Month Update

It is surprising how fast time seems to slip by. Half way through this challenge and I feel great. I find myself having more energy and finding out that things I didn't think I could do are becoming "I can". I have also found that exercising has become a great outlet for my stress. When I put in my earbuds, and start to work out, the world of stress and problems seem to disappear and easier to deal with things when I get done. Many life changes have now become a natural habit. I have tried a few new healthy recipes and I have signed up to participate in my first ever 5K. As this second month comes to a close, the weight loss is starting to slow, which will be a challenge to get through this

plateau stage. I want to thank the tremendous support that I have received from my family and the community. I also want to say thank you for the support and guidance from TJ, Amanda, Bill, and Sandy.

3 – Month Update

May – a month full of activities. I started the month on a plateau. Then came mother's day (eating out), two of my children have birthdays in May (cake and more eating out), and then graduation celebrations. The end of another school year (celebrating with co-workers) means more eating out. I have not done well with getting my work outs in, but I have been able to get in some walks, bike rides and working in the garden. I know I will have low numbers (if any) lost, but with all the activities and stress going on with some personal matters, I'm OK with just not gaining because it has been a difficult month.
