

JANE FOSTER

02/29/12 – Before



06/20/12 – After



I was born here in Cresco and I am 47 years old. I have lived in Cresco most of my life. 2010 and 2011 were very rough years. Some of my friends passed away too young and my boyfriend has been very ill and has had two heart attacks before the age of 48. He is doing better now, but I realized I spent so much time taking care of others I forgot to take care of myself.

These last two years have been very tough but they have made me stronger than ever. I discovered many things. I am tougher and emotionally stronger than I have ever been. I have invited God back into my life and feel beautiful on the inside, and I want to feel better on the outside. I have a few medical issues and my Dr. at the time put me on medication that made me gain 50 pounds in 6 months.

I still love taking care of others but I want to take care of myself too. I am doing this for me. My daughter Jessica is getting married in June. I want to get back to me. A normal weight, healthy eating, exercising and a healthy lifestyle. I want to look as strong and healthy on the outside as I do on the inside. I know it will be a lot of work but I am ready and am born to compete, especially with myself. I am very committed to whatever it takes.

1 – Month Update

What do I say about the last month? WOW!! I have never sweated so much in my whole life. I have never done cardiac for over an hour, (or should say be able to) but I am. Water aerobics...what a workout!! I am doing weight machines I did not think I could do, but I am. All that sound familiar? I did not think I could do it, but guess what? I can and I am. Every drop of sweat and every ache feels wonderful. Feeling good about myself feels wonderful.

I thank my heavenly Father for leading me down this path, my Mom telling me she is proud of me and the staff for being so dedicated to this program. The support I am getting from the community makes me proud to say Cresco is my hometown. This is such an amazing journey and the word CAN'T is no longer in my vocabulary. The world better watch out because here I come!

2 – Month Update

I am starting off this month with a quote from Rae Smith. "Never be afraid to fall apart because it is an opportunity to rebuild yourself the way you wish you had been all along." The second month has been very hard on me. Lots of sweating, blistered feet, a weight plateau, and also tears. But with the help of fellow Big Loser contestants and Bill and Amanda, and a special thank you to Pam, I had the support I needed. The fitness center, employees, patrons, contestants, they are my new family and my greatest treasures. I need them all more than they know. I have made a lot of accomplishments this month, still losing weight, learning life time skills, learning about good foods and bad. I have increased the amount of weight I can lift, I can walk to Vernon Springs and back, loving water aerobics, and at age 47 having flippers on my feet for the first time. And it will sound funny to lots, but it is amazing how free you feel swimming with flippers on but still a good work out. My main thing on my bucket list is to swim with the dolphins so I feel I am in training to accomplish that dream. A few times I did feel like giving up but God put me on this path for a reason, and I would let so many people down especially myself. I need this program, I need my new family, and quitting is not and will not be an option. Please everyone, keep praying for me and my new journey. I should add I have also learned to love life again and like myself.

3 – Month Update

This month I start out with this saying "He who kneels before God can stand before anyone." My weight problem has been embarrassing to me and uncomfortable, and even though God still loved me, I now can stand before anyone and be proud. Because my inner beauty is starting to shine through with my healthier body. Lots of exercising again this month and doing much better on how much to eat and what to eat. Believe it or not but the second month I was not eating enough and my body had no fuel. I am also glad once again because "can't" is not in my vocabulary. My new accomplishment this month is jogging!!!! Never no way I am 47!!!! Yes me!! Thanks go out to Joie Lukes and Laura Hubka, for believing in me and that anything is possible! Them believing in me and helping me has been amazing thank you! And a shout out to Bill Caffrey he has been making this program fun and rewarding and is behind us all 100%. He believes in this program with all his heart and it has been making us all believers! And when that plateau broke that was so tough on me went away the weight just seemed to fall off, like poof it was gone. I have gone down 4 pant sizes and from a 2x shirt down to large! Best feeling in the world. I have learned so much from this program it will last a life time. Would not trade this experience for anything. One month to go with the program and I am going to work harder than ever. Also have to thank the community for all their support, I see people I do not even know and they say keep it up, or good job, or good for you, it helps so much! I thank everyone for believing in me. Keep the prayers coming for my last month in big loser.
