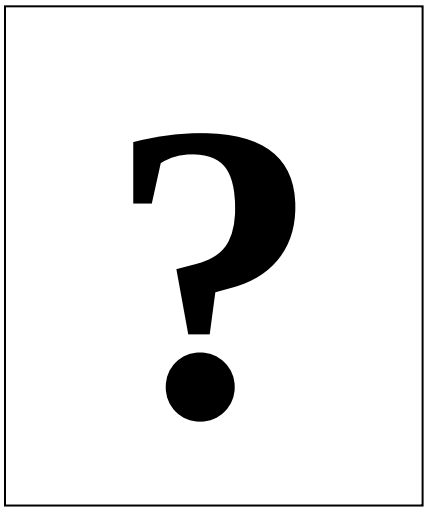
McCARVILLE, KATHY

Before **After**



Hi, my name is Kathy McCarville. I am married and have four grown children and four beautiful granddaughters. I have struggled with my weight off and on most of my adult life; gaining a few more lbs. after each of my children were born. I have tried many, many diet programs. Slimfast, shakes, weight watchers, diet pills plus numerous other plans that I can't even begin to mention. All working for a short time, but realizing the moment I went off, the weight crept right back on.
With this program, I am hoping to gain much knowledge with life changing tools, portion control, and slowly introducing weights into my workouts. Also low calorie meal plans and teammates that I can work with on this journey would be rewarding.
As my family continues to grow, I want to set a good example as a Mother and Grandma. Being a Grandma is absolutely the greatest, but these little ones keep you on your toes. It takes a lot of energy and mobility to entertain them, and getting down on the floor with them isn't as easy as it could be. I am ready for a life style change!

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1 – Month Update
We are one month in and I'm already feeling more energetic and in control. I am really enjoying my weekly meetings and have gained much information and knowledge in the short time we've been together. Being accountable for my actions each week has helped me tremendously. We all have a lot in common and sharing our struggles with fellow teammates has been very beneficial. I've introduced weights into my workouts, started a journal and have increased my water consumption. TJ, Bill and Sandy have been there with any questions you might have. I have made new friends along the way and wish I would have considered this program years ago! Best of luck to everyone!!!!!
PS. I feel like we are all winners already for just being here.

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2 – Month Update
I cannot believe we are at the end of our second month and another story for the paper is due. I am realizing the commitment, time and dedication it takes to succeed. Some days do not come easy. We continue to gain much knowledge from our leaders every week and we use as much information we receive to keep moving forward. I am ready for the weather to warm up so I can get outside and start walking, biking on the trails and to get a little sunshine all at the same time. Thanks again to Bill, TJ, Amanda, Sandy and Becky for all their help.

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3 – Month Update