WAYNE MLADY

03/02/11 – Before **06/22/11 – After**

My goal is quality and longevity of life. It is in my family history, but I need to do MY part. Also set an example for my kids who have weight issues. Mom is 83 years old, a cancer survivor and still going strong. Grandfather (Bartosh) lived to 102. My Great-Great Grandfather (Ira) also made 102 plus, back in the years when the life span was much shorter. I need to get the weight down and keep up with the young guys hunting, or get the legs to stand some waterskiing. I haven't done that for 8 years. Getting in better shape will also improve sleep quality, thus being in a better rested frame of mind to meet all life challenges head on.

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1 – Month Update

Mid-way through the program and first of all I want to say thank you to the many people for the encouragement they have expressed to me!! Probably the most difficult part is just finding the time to do the extra exercise along with really choosing proper serving sizes. Spring is here and very busy for me. On the go a lot so eating at the right times will become even more important. By getting better informed a person can choose healthy food choices and life styles. I've kind of reached a benchmark now and look forward to more progress in the coming weeks.

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2 – Month Update

Another midway point through the program and seemed to have stalled out some. Of course Easter Dinner and up coming graduations won't make it any easier! Also being out in the fields long days this spring and keeping portion size in check isn't easy, yet encouragement from people helps a lot and thank you everyone. Will try getting more workout time in!! Have learned a lot about food and nutrition in some of our meetings and now realize some foods previously considered good aren't just that way. Now it's time to focus on the coming weeks and live the rest of my life smarter and healthier!! Have a GREAT DAY.