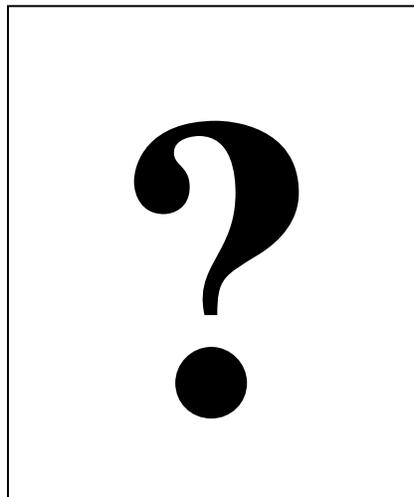


ZWEIBOHMER, SHAROL

Before



After



My name is Sharol Zweibohmer. I'm 53 years old and have lived in Cresco about 18 years. I'm married (24 yrs. in April) and have 3 granddaughters, ages 9, 6, and 2. After turning 50, I've found it harder to lose weight, plus get in shape by gaining muscle tone. Most of my problem is that I'm an emotional eater. Menopause doesn't help either! I eat more "comfort" foods to feed my emotions. I've been on other programs and have succeeded but unable to maintain. I recently had foot surgery so unable to do any types of exercise. And my biggest struggle is that I set goals but give up easily when discouraged. I KNOW what I need to do, but just don't do it. I've taken FULL responsibility for my choices. NOW is the time to do something about it! I've realized that it's not only the physical and mental commitment, but most importantly...THE SPIRITUAL. I've been blessed with this healthy physical body that was made in God's image. However, I haven't been a good steward or manager of it. It is my responsibility to take care of this physical body, using a proven program that is going to challenge and push to reach its full potential. I also need someone to hold me accountable and to encourage me along the way. I know that with fervent prayer and encouragement and commitment that my goals can be reached. Scripture says "Glorify God in your body". With His help, I can do just that! Thank you for considering me as a participant.

1 – Month Update

WOW! 4 weeks have gone by already and we're off to a good start on this wellness journey. The meetings have been very helpful and informative. We've had our first fitness challenge to see the level each one is at, and there is MUCH room for improvement. All of us are starting from scratch. Everyone in the group has been encouraging and holding each one accountable. Our commitment for success begins NOW! We know we'll NEVER FAIL because we're giving it our best. Failure only comes from NOT trying at all. I'm excited to see what's in store for the next 12 weeks!!

2 – Month Update

We're now half way through this program and I can say that I have a long road ahead of me. I feel that I'm in some sort of "rut", especially with my eating habits. Like I said from the beginning, I know what I have to do, I JUST GOTTA DO IT! I've had my share of ups and downs and we've been told that this will happen. My biggest obstacle is the weekends. Life just gets busy but it can't come in the way of my goals. I've had lots of encouragement from the rest of the group and that really helps. I have knee issues so I spend much of the time in the water. I even got some swimming lessons from Becky and I love that! Now it's time to step it up a notch...OR TWO! NO EXCUSES!!

3 – Month Update
