# NICK MENNE

**03/06/13 – Before** **06/26/13 – After**

My name is Nick Menne. Why do I deserve to be a Big Loser? I have realized I need to lose weight and eat right. Not only for myself but for my family. I have 3 very active kids and I would be able to keep up with them better. Also to show them that with hard work and goals you can do anything. I have tried to lose weight in the past with some success, but if chosen to participate this time I know with the right tools I will lose weight & eat better. I will continue on the right path for a healthy lifestyle. –Thanks

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**1 – Month Update**

Wow hard to believe it's been a month already. This month has been great learning how to eat better and exercise on a daily basis. I have definitely learned I was not doing things right. It has been great losing weight and feeling better with more energy. It has made it worth all the sweat and pain involved. It's crazy to see how much out of shape you really are. I know things will be hard for the rest of my life but it's worth every bit of it. Want to thank Bill, Amanda, TJ and all of the past big losers and all of the staff at the fitness center for their support so far.

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**2 – Month Update**

Well the second month is already done only two more months to go. The second month was a hard one with a weight loss stand still. But I overcame it which was a great feeling. We are now on our own for the final two months, but I feel confident with all the knowledge and support you get from the big loser program I will continue to succeed with my goals. We have also completed two challenges so far and I can say that I have improved on my physical fitness allot from a month ago.

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**3 – Month Update**

It's the last month before the last weigh in. It doesn't seem like it has been that long. Working out has become a routine now which makes things a lot easier. Now it's time to kick it in overdrive for the last 4 weeks. I have been able to do a lot more things than before that I struggled with. Some of the exercise I did when starting out I thought I would die from. Now have become easy and have to increase them a lot to even start sweating .It has been well worth it every day just to feel better and have more energy. Well wish me luck.

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