

MARTHA RAGLAND

03/04/15 – Before



06/24/15 – After



I am finally ready for my life to change. I NEED my life to change! I am going to be 30 this year. I want to spend the next part of my life living healthy and happy.

I have always been a heavy girl. I have struggled with this weight since I was a little girl. I have been through all the bullying and harassment that a chubby kid goes through. It was miserable at the time, but when I look back, it has made me a better person. Being overweight has taught me to be compassionate and treat others how you would like to be treated. But now that I have become the wonderful person I am today, I am ready to lose this weight once and for all!

My Dad is my big inspiration. Since I was little he has always wanted the best for me. Late last year we had a big scare. He ended up having open heart surgery. I had to come to the realization I could have possibly lost him. Luckily for all of us he has had a full recovery and is doing fantastic. He has completely quit smoking. He no longer drinks pop and is eating much healthier. He has drastically changed his lifestyle for the better. I figured if he can do it, why can't I? Like any other daughter, I would love to make my Dad proud of me. And more importantly, I want to be proud of myself.

1 – Month Update

It's time for my one month update. So how have I been doing? Great! I am working on changing my eating habits by finding new healthier recipes to try out. Pinterest is my new best friend! I am learning more about adding different spices versus flavoring food with butter or salt. It is a learning process but I am definitely getting the hang of it. I am still struggling with a few bad habits that are hard to give up, but at least now I am more conscious of them. I have also incorporated some good habits as well. For instance, with spring on the way I have started walking back and forth to work instead of driving. It is such a good jump start to my day. So all in all I have had a pretty successful first month and am ready for the next! One last thing...I want to thank everyone in the community for all their support. Working at Subway, I have had many people come in and show their support and those words of encouragement really help me stay on track and just keep going. I greatly appreciate that.

2 – Month Update

Well it's time for my update. These last four weeks have been both good and bad. Bad news, I admit it, I have not been working out as much as I should have, but my good news is that I have gotten a new job! So my struggle right now is just trying to balance

my two jobs and still leave time for me. I am working on it though! Now that the weather is getting nicer it is easier to get outside, exercise and have some fun! I am looking forward to the next two months and really push hard to challenge myself and finish strong!

3 – Month Update

It's almost fair time! One more month to go! This last month I have really pushed myself to do my best and find good healthy routines to stick to and it is paying off! I am finally able to not only feel the difference but now I am able to see physical changes! My clothes are fitting more comfortable and I have been able to fit into many of my old jeans that have only seen the back of my closet for quite a few years. I am very happy about this! I am just so grateful for the big loser program for teaching so many valuable lessons to help me change my life for the better and help making me realize I am worth changing. Thank you so much to the big loser team! See you next month at the fair!
