

DIANA SOBOLIK

03/06/13 – Before



06/26/13 – After



I would like to be chosen to be in the Big Loser Contest 2013. As I get older it gets harder and harder to lose weight. I have dieted in the past but then give up and put the weight back on plus some. I think being part of the Big Loser would help me with my food choices and how to eat healthy without putting the weight back on. The fitness and training part of the program would show me how to work out, to push my strengths and build up my weaknesses.

I have had a health issue for many years and been on medication for it. I would like to be able to get these medications lowered. It's time to get healthy because as we get older it doesn't get any easier. I do have a family history of heart disease and if there is a way to slow this down or eliminate it completely by getting healthier, I am willing to do it.

I have a 10 year old son who I need to keep up with and be able to practice sports with and I want to be here to watch him grow up. I have always been active but lately it seems to have gone along the wayside with busy schedules.

It is time I do something for myself. I want to lose weight, get healthy and stay on this track for the rest of my life. I would be grateful for a chance to be in the Big Loser contest.

1 – Month Update

I can't believe it has been a month already. I have lost a few pounds but will find out for sure tonight as we do our first months weigh in. The leaders of the Big Loser have been great and are always there to help you along and keep you motivated even when I am not. All of the positive words of encouragement from the community have been awesome and help out so much. I am starting to run, something I haven't done for years and it feels great. I am working on running my first 5K in May. I will keep you posted on how everything is going and let you know in May.

2 – Month Update

We now have 2 months down and 2 more to go. This last month has been a little tougher to lose the weight. It is still going in the right direction. I am exercising more than I ever have. If I am not walking or jogging, then I am lifting weights or doing

aerobics. I am finally starting to notice the changes. I feel better than when I started but noticing some muscle aches in places I didn't know could hurt. Don't get me wrong this is a good ache. I have had great support and have learned a lot from the staff that run the Big Loser Contest.

3 – Month Update

It has been 3 months already and the time has flown by. I can't believe in one more month the Big Loser will be over but the weight loss challenge is forever. Since the last update I have ran/walked in 2 5K's and even participated in the Dirty Dash. I am very proud of myself for all of these accomplishments; I would have never thought of doing before. The weight continues to come off slowly and at times gets frustrating but I am happy with what I have accomplished thus far. I am happy to say one of the medications I was on when I started this journey have since been discontinued which was a big accomplishment in itself. I want give Bill, Amanda, TJ, Sandy, Pam and all of the former Big Loser contestants that cheer us on a big THANK YOU for all you have done for us. We will see what the next month brings and see you all at the fair.
