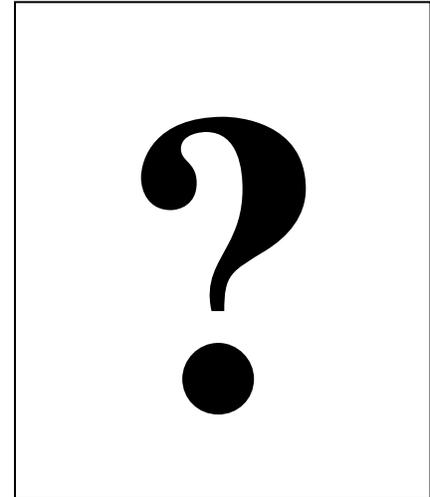


TINA PETER

03/05/14 – Before



06/25/14 – After



Hello, my name is Tina Peter. I have three grown children, Tony who is 27, Lucas who is 24, and Samantha who is 23. I have enjoyed living in Cresco IA for 15 years. Raising my children here was the best choice I made. I have been married 25 years this June to my outstanding husband, Dennis. I have three grandchildren, Charlee who is my active 4 year old grandson. Christean, who is right behind his brother at 3 years old. Trinity, my granddaughter, will be 2 in March. They all keep me very very busy and even though I try my best to keep up with them, my weight prevents me from doing so. I find myself having to stop and sit down only after a few minutes of playing with them. I am only 47 and I have many years ahead of me, I need to lose weight not only for myself, but also for my kids and to be here to see my grandchildren grow up and enjoy every moment with them; running, playing, and keeping up with them as a healthy, happy, and vibrant grandmother and mother. I was a participant a few years ago, and I lost 30 lbs and it made such an impact on my life, I know that I will give it my all once again. I need the motivation this program would give me. I hope to be selected as a contestant for the 2014 Big Loser so I can live life to its fullest. -- Thank you.

1 – Month Update

The first month has gone by fast that's for sure. The most difficult thing for me has been staying motivated to get out in the cold weather in order to make it to the fitness center. I find other ways at home to exercise, such as climbing the stairs and lifting cans of soup. I am continuing to work hard and stay focused to the best of my ability. With the warmer weather finally coming, I am excited to get outside for walks and other outdoor activities. I am looking forward to the next thirty days to get healthy.

2 – Month Update

Time sure seems to continue to fly by, another month already. Hitting a plateau makes things seem harder to stay motivated. Thank goodness for the support from others, the positive feedback helps me to try my hardest to stay focused even during the hardest stages of weight loss. I have made progress; I pushed myself to jog on a mile challenge. That in its self was a new positive step for me, and I know making new small steps like that will help me continue to fight to meet my own personal goals.

3 – Month Update

