

MARCI HUHE

03/02/11 – Before



06/22/11 – After



I'm Marcie Huhe and I'm applying for the Big Loser not only for weight loss, but for improved health. Since I retired a couple of years ago I find myself putting on more weight. I have struggled with my weight all my life-- even as a baby I was overweight. Many times since high school and throughout my adult life I would lose weight, then after time end up in the same "rut" and put the pounds back on :(I know I'm out of shape, tire easily, and have no energy. I'm on medication for my blood pressure and cholesterol, have arthritis and a family history of heart disease and diabetes.

Other years I have considered applying, but didn't have the courage. The NBC Biggest Loser program inspired me that even at my age it is not too late to get on track. Knowing the benefits of healthy eating and exercise is not enough. Now is the time to take action, lose weight and improve my health.

1 – Month Update

WOW – Four weeks into the program! Time has gone by quickly. I joined the program so I would actually start working toward a healthier lifestyle instead of just thinking about it, and I feel it is more of a competition with myself. It has given me the incentive to set guidelines and the push I needed to start working toward my goals. I know I have been eating healthier. Now I want and need to focus on increasing my activity level. Step by step, day by day, I plan to "hang" in there.

2 – Month Update

Another month down and a lifetime to go. I continue working on making healthier food choices and controlling portion size. My greatest challenge is to increase my activity level. It amazes me how people do/can do their work-outs. I have to remind myself we are all different individuals and the goal is for self improvement. So now that the weather is nicer, I'm hoping to get outdoors more and improve my endurance level. I have to admit I dislike writing these updates. The best part of the program is all the support and encouragement from the Committee, each other, previous 'losers', and the community. Thank you all!
