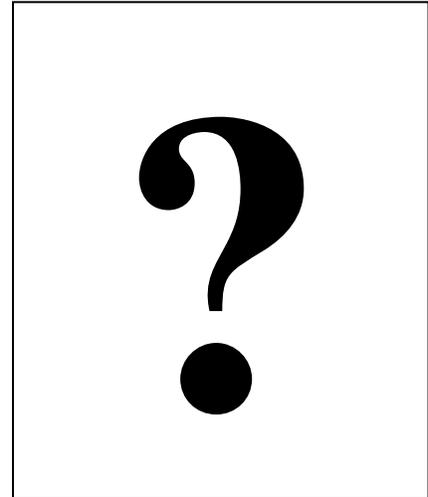


SUSAN BALK

Before



After



I am Susan Balk and I am anxious to be a part of the Big Loser Contest. Like many, my battle with weight has been long and frustrating. Over the years I have lost and gained weight with a net gain of fifteen pounds in the last 22 years. Those fifteen pounds feel like fifty!

I am in my fifties, married, with two daughters and one granddaughter. I plan on living a long, healthy, and active life.

I see people in my age group that are already dealing with diabetes, high blood pressure, and joint issues. Luckily, so far I haven't been diagnosed with any of those conditions; I want to keep it that way.

At this point in my life I need the help this program can offer me. I need to learn about nutrition and appropriate eating habits for this stage of my life. I also want to learn about exercise options. Ways to build muscle, burn fat, and feel strong. I am not looking for another temporary fix; I want the tools to gain appropriate habits for a lifetime.

I have considered taking part in this contest other years, but this is the time for me. This is when all the information I can learn will make the biggest difference to me and help me to continue achieving my goal of being healthy and active.

1 – Month Update

Here we are four weeks into this, I have already learned so much! I learned more about nutrition, food choices, and calorie intake. All important information.

I have also learned some work out ideas, and how to use the machines and weights at the Cresco Fitness Center.

Now that I have all this information, I need to start putting it into my daily routines. That has been the biggest challenge for me so far, finding a routine with exercise that will work for me consistently.

I feel good about all that I have done so far, and look forward to continuing to learn and practice everything.

2 – Month Update

We are two months into this and I am feeling much better, and in more control of my health. I have been able to get a handle on my eating habits, with some understanding on what are good choices for me and why. I have been incorporating exercise more into my routine, but still struggle with fitting it in each day. I am happy with the changes I have made and will continue to work more exercise into my life. I am anxious to continue this process. For the next eight weeks we are more on our own. This will be a good challenge for me to stay on track without the weekly meetings.

3 – Month Update
