KAREN OLLENDIECK

03/04/15 – Before **06/24/15 – After**

My name is Karen Ollendieck and I am hoping to get picked as a Big Loser Contestant for 2015. I have lived in Cresco 27 years. My husband Scott and I have 2 children. Kyle is 23 years old and Sara is 20 years old. In my early twenties I was always looking for ways to lose weight, most of which were not healthy. As my children were growing I realized I need to learn more about nutrition and healthy food choices, for them and myself. I have always been interested in fitness, looking for new and fun ways to stay active. As I get older it seems harder to stay active, now that the children are grown and living on their own. I am hoping to be chosen for a couple of reasons. One is to drop a few ponds and two is to walk away with more knowledge about fitness, nutrition and a healthy way of life that will last me a lifetime.

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1 – Month Update

It's been a great month so far and the workouts are challenging. I really do find myself having more energy and overall feeling much better. Listening to Sandy Hagen talk about nutrition has been the most interesting to me. For the most part, eating healthy is not too hard until the weekends which for some reason is harder to do. I know change takes time and patience. Amanda & TJ have been just wonderful and so helpful with lots of great information to help us to our goals.

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2 – Month Update

I can't say enough good things about the Big Loser! Everyone has been so helpful with teaching proper fitness workouts and great ideas for eating healthy. Month two is a little better than last and I can now start to see little results from all our hard work. I believe it's true when said, it takes 21 days to change a habit even though it is a slow process. Each day of making good food choices and getting some physical activity in does get you closer to your goal.

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3 – Month Update

Hard to believe the final weigh-in is almost here. When I first started the Big Loser program four months seemed so long, but once you get started on a new routine of working out and finding new and healthier foods to eat, the time really did go by fast. Joining the Big Loser was one of the best things I did for myself. I wanted to find new and fun ways of staying active and learn all I could on nutrition, and I certainly did all

that and more. I can only thank Bill, Amanda, Sandy and TJ for all their help and outstanding knowledge! Their support made this program so much easier.