

TJ CASPER

02/29/12 – Before



06/20/12 – After



Why do I deserve to be a BIG LOSER? I like to think of myself as a friendly, fun and easy-going person, someone that people enjoy being around and that makes them feel good about themselves. With that, I have so many reasons and obstacles that play a role in my struggles to reach my goals by myself. I have attempted to lose weight, make a life change, and have a healthy relationship with food several times, but time after time I have hit a plateau, lose my momentum and throw in the towel to only gain what I have lost and lose what I have gained. It is a depressing and unhealthy cycle that I am done with facing.

Some big obstacles that continue to fall in my road are my job as a Chef and depression. Being Chef at an organic food coop is a double edge sword for me. I have learned so much about foods and so many better choices that are out there to choose from. However, on top of making better choices with breakfast, lunch and or dinner, I have to, as a Chef, test, taste, and most fatal face temptation. I need help to find a happy medium to fuel my body properly and to do my job. My depression is a huge road block, in not just my weight loss and a healthy life style, but in my everyday life. With knowledge to maintain a normal diet and exercise routine, not only can this program help me in my physical goals, but also with mental goals like improving my self-esteem and self-image.

Some wants I would like to gain from the BIG LOSER program are community support, food respect, and parental role modeling. After reading the course description, and being new to Cresco, I can only imagine how far I could go with my life style change from the support that I can be a part of that has been designed for this program.

Food respect and a well-balanced diet is something I want and need to gain from this program. With the knowledge that I will learn, it will be implemented into my family's way of life and to prevent them in making the same poor life style choices that I have made. Stop the cycle!

I also want to be a positive role model for my 3 sons. For them to see their father work hard and dedicate himself to something important that will be beneficial to him is priceless. I want them to see firsthand that hard work will get you where you want to go in life.

Now that you have heard my obstacles and wants that make me an excellent candidate and a deserving BIG LOSER, here is what you will get back for your hard work in creating this program of opportunities: Motivation, Drive and No Excuses.

I want this so bad I can almost taste the victory in achieving my goals with weight, food and exercising. To be given an opportunity to help change myself, I can only think of giving my best to the program.

Thank you for letting me give you this “tip of the iceberg” introduction of myself. I hope I have left you with wanting more and to see hard work I can offer you and how the BIG LOSER can offer me an opportunity in changing and bettering my life.

1 – Month Update

I would like to start my update letter with a big “Thank you” to the BIG LOSER Team and all their hard work and effort that they have put into the program and into us, this year’s contestants.

So far I have lost 12 lbs. on the BIG LOSER program, but mostly so far I have learned about the why’s and how’s to lose weight and change my life style. I have a better understanding on how my body chemically loses weight and what I should be doing to lose weight properly.

I have also bettered my relationship with food and eating. I now make better choices of what to eat but also have found the balance in not depriving myself from what I want to eat.

Since the start of the BIG LOSER I have participated in my first 5K run and I finished in 31min. and 45sec. I have set a goal for myself this summer to run at least 5 5K’s and to better my time 3-5 min. by the end of the summer.

2 – Month Update

This last month has been a struggle for me. A few weekends of traveling, vacation and I also have been experiencing tendonitis. The recreational weekends have been clearly of my own choices in making the right decisions with diet and exercising, but as far as the tendonitis it has been very hard to exercise and get a good work out in. This week it has cleared up and I am now about 95 to 99% healthy and ready to step it up and get back into the exercise routine that can help cut the lbs. and get back on track. We will also be going to one a month meetings which also will be hard as we get great support from the BIG LOSER staff and my fellow contestants. Hopefully my next update will be with me fully healthy from my tendonitis and back on track with the weight lost.

3 – Month Update

Well, here comes the last month of the competition. It has been a great experience and it has encouraged me to join other fitness groups to keep me on track on my journey. I very much plan to keep participating in fitness groups well after the BIG LOSER is over. I have developed this love for exercising and fitness. My family and I owe so much to what the BIG LOSER has given us with the knowledge of a healthy life style and fitness. Well, next time you’ll hear from me will be the finale weigh-in. Wish me luck.
