

TAMMY CROUCH

03/06/13 – Before



06/26/13 – After



Hi, my name is Tammy Crouch. I am a 35 years young. I have my own cleaning business working part-time. I have been married for 18 years to my best friend (Tom) together we have 4 amazing children Thomas is 17 and a senior in high school, Chandler is 13 and in the 7th grade, my youngest son Hunter is 9 and in the 3rd grade, and my one and only daughter Hannah is 7 and in the 2nd grade. Included in our family is our dog Cherry, and cat Smokey.

My family and I are originally from Fox Lake, Illinois and 6 months ago moved here to Cresco, IA to be close to family. After having children I started gaining weight, since having 4 C-sections the weight was harder to come off as well as a poor diet and lack of exercise. My reasoning for wanting to do the Big Loser, I need help learning the right size meal portions, what to and what not to eat and the proper ways to stay in shape.

I want to get healthier and active that will benefit my family. All four of my children are active in sports and I would like to be fit rooting for them on the sidelines. As I near 40 the weight I know will just get harder to lose. I also need to become healthier since I recently have had troubles with high blood pressure.

Since I am also new to the area I thought joining the Big Loser could help me meet new people. If becoming 2013 Big Loser would not only be a great sense of accomplishment. I would be healthy and happy as would my wonderful husband and kids. Thanks.

1 – Month Update

It's been one month in the Big Loser program and its going very good. It was hard on me at first but I'm doing it. I try to work out every day and changing it up every other day. Also learning to eat right foods and maintain it. My husband has been supportive for me as well as my children. I have a great support group with my family and friends I will meet my goal. I have the energy to do more and I feel great and let's go Blue Team.

2 – Month Update

It's been 2 months since joining the Big Loser program and so far so good. It's been tough but I've done a very good job of maintaining my eating habits and daily exercise. I'm happy with outcome so far and glad that I have the supporting cast from the

coaches, friends, family and even the fellow members at the fitness center. I would like to take a moment and thank are coaches for an outstanding job they've done with giving us the proper know how of getting to maintain are goals and making new ones. I know there is a lot of work to do and I'm going in swinging. Also want to add lets go BLUE TEAM!!!!

3 – Month Update

Hi, it's been almost 3 months into the Big Loser program and I've been extremely happy with all that I've accomplished. I have maintained my diet and exercise daily. I also did have some bumps in the road but worked thru them. I know there is still some worked to do and with my Family & Friends and even my teammates it's going to be exciting. I would like to say that the coaches have been wonderful and they need a pat on the back. It's about a month away from the end of this program and I want to end this with lifelong changes that I can live with for the rest of my life. Thanks and go Blue Team!
