

DENNY HEROLD

02/29/12 – Before



06/20/12 – After



My name is Denny Herold and I feel I deserve to be a "Big Loser" because I have struggled with being overweight for the last twenty years. I have had results from different diets and weight loss programs in the past, but really feel now is the time to get serious about my weight. I know that being overweight is hard on every part of your body, but is especially hard on your heart and your joints.

If I am going on the path that I am currently on, I have come to the realization that my life could be dramatically shortened. I have already started to feel the effects of my obesity in my everyday routine both at home and at work. At work, I do a great deal of standing and have had aching joints as well as trouble standing up after being in a kneeling position. It would also be wonderful to wear clothes that would fit the way they should.

I consider myself to be a very hard worker and I have spent the last 17 years as an EMT helping others. As rewarding as I find my work to be, I have come to the realization that while I enjoy taking care of others, I have to take care of myself too. Please give me the opportunity not only to show the community that weight loss is achievable if you put the energy into it, but to myself as well. I appreciate your time and consideration and look forward to being the next "Big Loser".

1 – Month Update

Being a part of the Big Loser program in Cresco has already helped me a lot in various ways. I have learned how important it is to have complete control of myself in order to maintain a healthy lifestyle. I have learned I need to change old habits and be more aware of things like portion sizes and what I am eating. In order to lose weight and maintain a lifelong commitment of staying healthy, I have realized how important it is to exercise daily. If I, as well as my fellow "Big Loser" peers are able to take these few simple steps towards a healthy lifestyle, I believe we will all feel a lot healthier and can look forward to a much healthier future.

2 – Month Update

It's hard to believe that two months have already gone by. Breaking old habits and changing your lifestyle isn't necessarily easy, but it is certainly well worth it. I find myself having so much more energy that I feel like a whole new person. My only regret about this whole experience is that I didn't do it a long time ago. I have loved getting to live my life the way I've always dreamed of living and I can't wait for all the exciting new experiences that lie ahead. Also, a huge thank you to our amazing community and for all of your support. It's amazing to have everyone cheering you on to great success, and for that I am sincerely grateful.

3 – Month Update

It's hard to believe that twelve weeks have gone by. It has definitely been a battle, but it has all been worthwhile. I believe we all have a good start at losing our weight, and I know we have been given the tools we need to keep on losing and maintaining it in the future. I was worried about what a struggle it would be, but the whole experience, while a challenge, has been a lot of fun. I am sad to see it come to an end. Thanks so much again to the entire community for your never ending support. I most certainly feel like a whole new person and look forward to seeing you all at the fair.
