CONNIE MEYER

02/29/12 – Before **06/20/12 – After**

I would like to be selected to be on the Big Loser program because I feel it can get me started on a new way of like, then what I have been living. Which is not exercising and eating healthy.

I would love to learn what tools I need to make this lifestyle. I need to lose unhealthy weight and learn more about eating right and learn more about exercising in order to feel better and work hard enough to feel benefits and for keeping at it for the rest of my life!!!

Some of my blood test I have taken shows some of my levels are high and my Dr. wants me to lose weight and eat better, then come back in July and check them again. I really could use some help!!!!

I feel by knowing there are others that will be working on this program, will be working hard with me and also being accountable in these 16 weeks will be an encouragement toward a lifetime journey.

As you say: Fitness is a journey & not a destination. A journey that starts today & ends in Heaven!!

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1 – Month Update

Well here I am in the program of life getting more serious about how I am living my life with including exercise & eating healthier. My weight isn't coming off as fast as I would like, but a lot of it has to do with how hard I'm willing to work at it.

I know I'm feeling a lot better & not as tired as I had been. Also, I am turning away from empty foods that are not healthy for me.

I am really glad I'm in this learning experience to know that it is something to take very serious if one hopes to feel better and be able to lengthen one's life, if you work hard at it & want it bad enough!

I'm going to increase my efforts now that I've given my body & mind use to this healthier & better way of life.

My husband has increased his efforts of exercising also without me even saying anything to him. We walk together more now & this strengthens our relationship for each other. We have our grandchildren that are always willing to go with us when we watch them.

I have the Lord with me & I daily am asking Him for strength & guidance to keep me on this journey He knows I need also.

I really enjoy the times with my other Big Loser friends when we meet together on Wednesdays. Our coaches on are awesome & really want to help us!!

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2 – Month Update

Learning more in this lifestyle of exercise & eating healthier, really makes you "work at" what you are doing & not doing, to help your outlook of how well you want to stay on the right track of "everyday awareness" of what you are wanting enough about your health. I'm noticing that the more you think about what you are about to eat & trying to get a workout in everyday, has to be a top priority as guidance from Our Heavenly Father, our families & our jobs.

If we put our health at the bottom of our "to do list" is when we start losing our health. I'm very thankful for having this chance to get the help we are receiving from our awesome coaches in this program & always glad seeing & being with the ones in our group.

We are going to be on our own after April 25th until we meet again on May 23rd. I'm hoping to really work hard on taking my health serious & making it a "Top Priority" of my life EVERYDAY. P.S. My husband is being very supportive & he's making better choices with me. I really like this in him.

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3 – Month Update

Well this is my final update on how things are going in this everyday awareness of getting a work out in and easting healthier. I am so thankful for our community for having an event like this every year to encourage us all to keep working at our health for a lifetime.

I loved the valuable information we received & hands on information in the program. It sure is an eye opener of what we should do with our health. I'm reading health material & making sure I keep taking steps forward to a healthier me through this program & always with the Lord's help!

June 20th is the final weigh in & June 22nd is our awards ceremony at the Howard County Fair. Please come if able to keep cheering us on & to keep cheering yourself on if you've increased your own outlook of bettering yourself for the future also. I really enjoyed the teammates I got to work with & also our awesome coaches!