

AMY MURPHY

03/02/11 – Before



06/22/11 – After



My name is Amy Murphy and I currently live in Cresco. Growing up I lived on a family farm with 2 brothers and 3 sisters. Living in the country forced us to find ways to entertain ourselves, and often that meant running around in the yard or helping on the farm. Whatever it was I was always busy and active. I can remember playing games since I was young, from little league to high school volleyball and softball. After graduation I furthered my education and received my nursing degree. Many nurses are constantly on the go during their shift, and I was until I took my current position as an MDS Coordinator, which is not such a physically demanding job. But the biggest change in my life style was the addition of my children. I gained weight with both pregnancies, and did not lose all the weight following. My children are part of the reason why I want to get back into shape - to be here for them now, when they have children of their own, but also to be a good role model for them to lead a healthy lifestyle. A history of cardiovascular disease and diabetes runs in my family, maintaining a healthy weight and lifestyle is in my best interest. It has been such a long time since I have been to a gym to work out and now I feel out of place amongst the "regulars", and I feel this would be a good opportunity to make the fitness center part of my routine. Not only are the health benefit's a cause for motivation, but I also have a pile of jeans that are sitting in my closet just waiting. For these reasons I would like to be considered to participate in the Big Loser Program.

1 – Month Update

One month has quickly passed and I am happy to say the scale is moving in the right direction. Since the beginning of this program I have been more willing to try different classes and equipment that is available at the fitness center. The "regulars" are quick to welcome a new face and have made it easy to keep going back. I am patiently waiting for warm weather to return to incorporate playing with my kids outside as part of my workout, and to bike on the wonderful nature trails that surround the area.

2 – Month Update

Wow! Where has the past month gone? The number on the scale continues to shrink... slowly. The slow progress can be and is at times frustrating. I try to maintain a positive attitude and the mindset that this is a lifestyle change that occurs over time. Although there has not been a dramatic weight loss I have noticed a change in how my clothes fit, which has been a good incentive to continue. With this program I have been more aware of the food choices I am making. With family get-togethers, such as holidays, I don't have control of how all the food is prepared, but I still try to make good choices by watching portion sizes and what I choose to put on my plate. Soon I will be participating in my first 5K which is exciting and intimidating at the same time, but regardless of the length of time it takes me I will finish.
