

WENDY BOHR

03/04/15 – Before



06/24/15 – After



I've debated for years to be a part of this program, so I finally filled out the application... Most people would think that since I work at the fitness center I would be buff. Yet I just go home and curl up on the couch with something to eat and a movie. Years ago I was very fit when working as a landscape designer but now I am in the worst shape of my life. I am not very self-motivated to take care of myself. I need some help to get my mo-jo on track. I know the formula is to eat smarter while increasing activity; but somehow in reality it's a lot harder to do each day. Often it's easier to accept things the way they are rather than work at being better. It would be great to have more confidence in myself, control over my diet and maybe by exposing myself through the Big Loser program, it will be the kick start to a healthier active lifestyle.

1 – Month Update

Not sure if I have even lost any weight, but I have changed a couple of habits. I have been tracking my daily intake of foods; it's pretty amazing how the calories add up; and not eating after 7pm, which is my problem binge time. The workout part is slowly becoming a part of my routine. I'm not so great on being in the fitness room but walking outdoors, swimming or water aerobics are things I like to do. Being in this program has helped me to be more accountable.

2 – Month Update

Wow 8 weeks gone. I am concerned with my progress. The group and leaders talk about lifestyle changes, but when you come home to the same environment it's hard to see big progress. Bad habits are hard to break and a good new habit is slow to find. This month was interesting as I went on a great 10 day adventure with my daughter. I was embarrassed when I was introduced to her potential employers because I was not in very good shape and it's a place for good health, so I hope my appearance does not ruin her chances. We also trekked around several National Parks which was great for the activity, but it also made me think more about doing more activities to sidetrack that commiseration cue. I am wishing everyone in this program and anyone who struggles with weight loss the patience to see it through for a lifetime.

3 – Month Update
