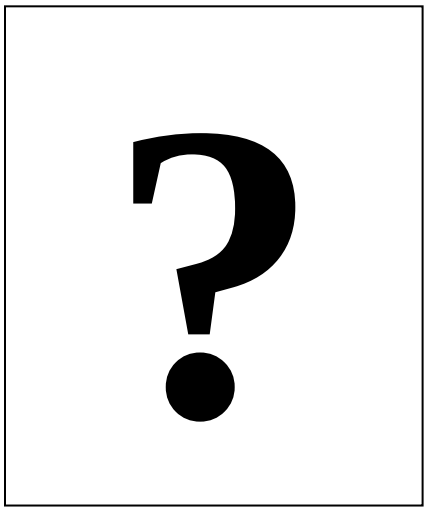
BARB SCHWAMMAN

03/05/14 – Before **06/25/14 – After**



I want to be a part of a group of people who are committed to excellence and making myself better. As a Mom, wife and a school principal I am always putting others needs first. I need to find balance and eat healthy even with a busy active lifestyle.
I am a typical person that has put on weight with each child and am an emotional eater. When stressed I eat poorly. I have worked to become better with small successes, only to put the weight back on. I need to do this for me and my family and friends so I can be the best I can be for a long time.
I am a positive competitive person who does not want to lose in the game of life. I need to lose the weight, eat healthy and exercise to win the Big Loser.
I hope to be a part of this year's program.

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1 – Month Update

It has gone very fast and how can we be a 1/4 way done. Exercising is becoming more of a priority and easier to schedule. I have been working hard on the eating habits and that is still a daily challenge as my schedule and daily hours vary with late night meetings. Traveling for work and making healthy choices when eating out will be a focus for me. Avoiding all the treats and goodies at school is daily challenge, but we have learned moderation is the key.
Our weekly meetings are great as we share the same struggles and we have come together to support each other. I have lost weight and know I am getting stronger. In our mile challenge I have been able to cut 45 seconds off since our first run. I am setting goals and wanting to make this month a bigger loss yet. The program is really about making little changes that will last a lifetime. Support from family and friends along with people at the fitness center has been great. Looking forward to an active month.

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2 – Month Update

Month two was a very busy month and made balancing work, family and working out a huge challenge. Breaking old habits is becoming easier. I am getting stronger through working out and weigh training has been important. I continue to cut time off my mile time and working out in the AM to ensure a consistent time. Eating habit is trying not to eat out and when have eating chicken and smaller portions (kid's meals). I am excited for the warmer weather and exercising outside! Happy Spring!!! I enjoyed the group meetings and am ready to continue this on my own. Thank you for all who are supportive in any way.

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3 – Month Update