

# SHANNON CASPER

03/04/15 – Before



06/24/15 – After



Why am I deserving of being the Big Loser? Where do I start? Well I'm in my 30s and have for years struggled with high blood pressure that has nearly cost me my life. I have goals in life that I want seen completed, small things like; walking up stairs without being winded, bending over and tying my shoes easier, running a 5K, etc. Big things like; watch my children grow up into adults and raise their own families, not having to take high blood pressure meds, and have a better quality of life now and into my old years. It's depressing in everyday life experiences know that I let myself get this way; cloth shopping, my diet, my health. I used to be a smaller and fit person but after life grabs on to you, marriage and parenthood, you yourself comes last and everyone is first, but now it's my turn to worry about me for me but also give them, my children and husband, their mother and wife back for now and for the future to come.

Please except my application so that I look and feel the person that I am inside.

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## 1 – Month Update

Just a few things I've learned so far and have had to realize are: 1. Well, your eyes are definitely bigger than your stomach. 2. Portion control is much easier and also harder than it seems. 3. The information you get is awesome and a lot of it. 4. Pushing myself when I think I can't. 5. You have to learn to reward yourself for the goals you've accomplished no matter how small and sometimes that in itself is hard to do.

But my biggest thing I've had to learn is patience and to realize it takes time and not to get distracted from my goals with everyday life. So am I hitting every goal I set? No, but I am learning that with determination I can do this and when I do push through and meet a goal it's that much sweeter. This program is definitely an eye opener and has helped me so far tremendously with important information and support because without those things it's hard to know where to start.

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## 2 – Month Update

I've learned a lot about myself on this journey so far and also that it's OK to have weaknesses. It just means I have to work a little harder and realize it's OK to want that cake and eat it too. I can't say that the struggle gets easier. Every day I have to push myself to get up and go to the gym or drag that treadmill out. Also, really watch what and how much I eat, but I look at my family and that's all the push I need to make that struggle a little easier. Plus I really don't want to be on another med for my blood pressure and that is a real possibility. I started losing weight before the Big Loser so

right now I feel like I've plateaued. I'm not a patient person so it makes it very frustrating because I want to succeed for myself first and second for my family.

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### **3 – Month Update**

As it gets closer to the end I realize just how much this program has helped me and I don't look forward to it ending. I do look forward to boot camp starting its starting at a perfect time for me. I can say I think these last few weeks have been the hardest for me it's so hard not to let everyday life get in the way. But as someone just reminded me sometimes it's the non-scale victories that are so much more important because sometimes fixation on that number can set yourself up for failure and it's hard to not to want to fall into that place. So I just have to keep reminding myself every day little things are a victory and one step closer to where I want to be.

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