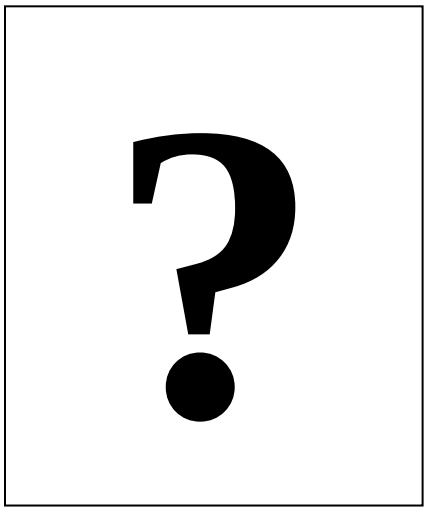
STREICH, KIM

Before **After**



Hi, my name is Kim Streich. I would like to once again take part in the Big Loser. I have lost my way on the path to a healthy and physically fit lifestyle. I hope with another chance to take part in the Big Loser I will find my way again. I have been trying to get back into working out, but my ability to hold myself accountable is very flimsy. To have the weekly weigh ins and a knowledgeable team behind me would hopefully make me more accountable to myself. I have been able to maintain my weight since my time with the Big Loser in 2012 but I am stuck. I know in my mind that I can do this but I need help. I need a guiding hand or hands to help me gain the knowledge that will help guide me on the right path once again.

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1 – Month Update

One month down… a lifetime to go. I am taking this day by day. Making small changes that I can live with for the rest of my life, like giving up pop. At the moment it has been 12 days. They say it takes 21 days to make or break a habit. ☺ Getting to the fitness center consistently 4-5 times a week. Holding myself accountable for getting there in the first place. ☺ I have had a few hiccups in my ability to working out and the plan that I have to follow, but I am sticking with it or adapting it to the limitations that my foot/ankle are trying to put on me. I am not losing weight that I can see or feel, but I am noticing changes in my body and right now that works for me.

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2 – Month Update

I am one week out from having eye surgery due to a detached retina. I have numerous things that I cannot due to the healing of my eye. The only safe physical thing that I can do is walk. So I have had a few more bumps in the road but I am still going to do my best. I will just have to be more vigilant on my eating. That saying that you don't get handed more than you can handle has been tested a few times lately. I know that I can do this. ☺

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3 – Month Update