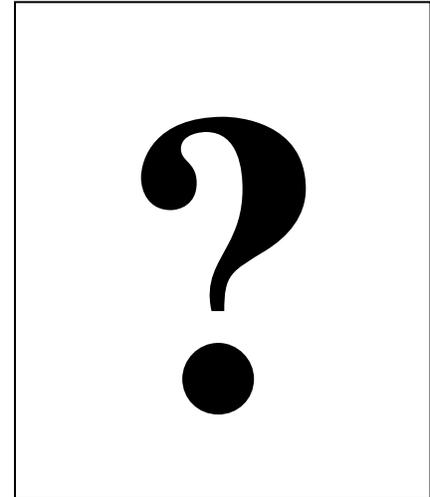


JAMES LARSON

Before



After



I want to be part of the Big Loser to make the life style change. I want to lose the weight and build the confidence to keep going after the competition. I want to go outside and play with my kids without wanting to give up. To have the energy to go for walks, running, and feeling good about myself. I want to take what I learn and pass the good habits onto my family. My biggest thing I struggle with is portion control and getting things on impulse that are not the best snacks. I have a struggle with eating breakfast to start the day. I want to feel good in the clothes I wear and to like what I see when I look at my reflection. I want to lose the weight to improve my health, to have many more wonderful years with my family.

1 – Month Update

So for the first month of the competition the struggle of finding time to work out is the hardest for me. The eating is better; I have gotten better with portion control. Having my wife on board has helped a lot. The overwhelming amount of information is a lot to take in. The rest of the competition will be one where everyday struggle of getting a workout in. I haven't lost much in weight but feel better everyday with maintaining the amount I intake. I can't wait for the next weigh in to see what is possible with adding a little time for myself to work out. Starting to apply what I've learned so far. I am happy with myself for taking this journey, and doing this with my family at home.

2 – Month Update

So for the first month of the competition the struggle of finding time to work out is the hardest for me. The eating is better, I have gotten better with portion control. Having my wife on board has helped a lot. The overwhelming amount of information is a lot to take in. The rest of the competition will be one where everyday struggle of getting a workout in. I haven't lost much in weight but feel better everyday with maintaining the amount I intake. I can't wait for the next weigh in to see what is possible with adding a little time for myself to work out. Starting to apply what I've learned so far. I am happy with myself for taking this journey, and doing this with my family at home.

3 – Month Update
