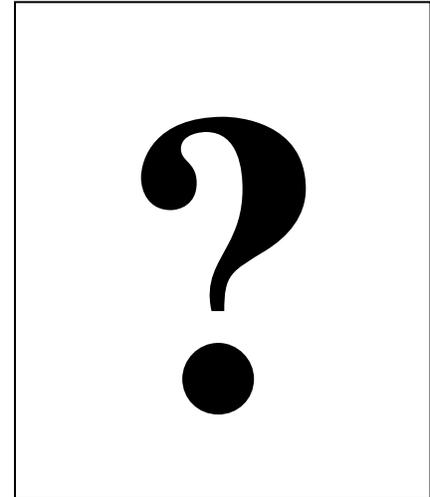


DOREEN LOPEZ

03/05/14 – Before



06/25/14 – After



My name is Doreen Maguin-Lopez. I grew up in Los Angeles California. Born on May 11, 1963 I came from a home of seven children. I had a great mother in my life, who passed from a brain aneurysm; it was the single hardest time in my entire life. My father was a very dedicated man. I have my Dad's high blood pressure. My fear is fall into a stroke like my father. I am very thankful for both my parents they made a big impact in my childhood. In 1997 I had an emergency surgery to remove Gallstones or "stones" that form in the gallbladder. Once I recovered the doctor explained that I needed to have a diet of a heart patient, which I never followed. I really never watched what I was eating. Here I am in Cresco Iowa, and size 12-14 and my weight is over 180. I really don't like it and I am not comfortable looking in the mirror. I am tired of being tired; it's a struggle to get up my flight of stairs to my apartment. I know exercise is IMPORTANT for me and I need to make a big change for myself. I'm a Mom of 7 kids, five girls and two boys. I love my life, now I want to love myself. A healthier me will make a happier me. I signed up for Cresco's Big Loser contest because I'm looking to get healthy for me and my 10 grandchildren. I deserve to WIN the big loser contest because I want to learn to live an active and BALANCED life-style that, perhaps someday, I can pass onto my own family. I have health concerns and I'm getting older I'm ready and motivated to get the weight off now. I want to be able to be active with my grandchildren (I've not been able to fully with the weight gaining). My personal goal for the contest is to lose at least 30 pounds. I want to find me again!

1 – Month Update

Since I have joined The Big Loser contest here in Cresco IA, I've made many positive changes in my everyday life, towards eating and exercising. It sounds so simple. It's funny just how hard it really is to do those things. I've dropped my sodas, sneak in more veggies and began eating breakfast, even if it is something small. Creating a healthy lifestyle doesn't have to mean drastic changes. In fact, I found myself making small steps. Making small changes in how I live each day is leading me to a happier healthier me. Going to The Cresco Fitness center and drinking more water is something I find myself doing more often in my life.

2 – Month Update

I started going to the meetings of the big loser contest here in Cresco IA I took every health tip and integrated to my life and diet. Exercising and drinking more water daily helped me stay on track. I had temptations during my vacation to California. Little by little I've been seeing results in how I look and how I feel. I am feeling good about myself. I joined the contest to get motivated and I am. I feel like a winner already- because I am eating healthier, I try new foods that are good choices for my body. My children are my biggest fans and I couldn't do this without them. I'm feeling great about myself now and will continue to stay motivated and maintain a healthy lifestyle.

3 – Month Update
