STEPHANIE THORNE

03/02/11 – Before **06/22/11 – After**

Like many of the other candidates; I have struggled with my weight for nearly my entire life. My weight gain started shortly after my parents' divorced as I turned to food as comfort. As the bullying and tormenting continued, so did the weight gain. When I graduated from high school, my weight had reached almost two-hundred pounds.

The day after my high school commencement, I met with an army recruiter and decided to join the military to help pay for college. That motivation helped me lose almost forty-pounds. Later, I decided not to enlist. Over the next six years, my weight fluctuated drastically. When my family took a vacation and hiked Mt. Rainer, I needed to take frequent breaks and couldn't keep up. One day, I went to purchase clothes and was forced to try on a pair of Women's size 24 pants. Reality hit home as I had reached the heaviest weight of my life. I needed to do something about my weight because I couldn't accept the thought of buying a pair of jeans that size.

Over the course of the next year, I walked/ran the nature trail and went to the fitness center several times a week. I then hit a plateau and I lost the motivation to continue. Then I had a reoccurring back injury that required me to have another round of physical therapy. Since that injury during the summer and winter of 2010, I had to suspend running and any weight bearing exercises. I had considered finding a personal trainer.

Since my physical therapy ended, I made the decision that I needed to find a fitness program that I would stick with. I have chronic knee pain because of my weight and I'm at risk for future health problems.

Joining *The Big Loser* will give me the motivation I need to stick with my training. I will not be doing this alone, I will have a support group that I can laugh, cry and celebrate with, who will be struggling alongside me. I also struggle not only losing the weight but **MAINTAINING** the weight loss. This program will also give me the skills to live a healthier life style.

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1 – Month Update

I have to be honest and say that this first month has been difficult for me, to say the very least. It's been hard breaking some of the bad habits I've grown accustom to over the past five years or so. During our weekly meetings, I've gained some very valuable knowledge that has opened my eyes to the unhealthy lifestyle I've been living. After our first weigh-in, I realized that I have not been giving this program the time it deserves. I also feel, even though this is a competition, I have let the other members of this "team" down. Guilty doesn't begin to describe how I felt after leaving the CFC after our first weigh-in. I decided at that moment, I need to be more committed not only to this program, but committed to leading a more active and healthier lifestyle.

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2 – Month Update

I've been participating in the Big Loser for nearly two months now and I may not have reached my weight loss goal but my life style has changed. Prior to starting this program, I didn't exercise regularly or I would go through spurts of exercising regularly. I also didn't pay close enough attention to my food choices. It has been difficult changing my life style but not impossible. Occasionally, I do find myself slipping back into my old, unhealthy habits.