

2010



Kristeen

I moved to Dalton in June 2009. Having battled my weight for more than 20 years, I never imagined this was the place that I would finally get a handle on my health. In November, a colleague and I decided to begin a Biggest Loser challenge at work. Participation and interest in the challenge quickly faded, but I still wanted and needed to do something for myself. On January 1st, I joined Peak Fitness and signed up for a weight loss camp conducted by Mary Ann Wood. I also signed up for a Biggest Loser challenge at Peak. In a little more than two months, I lost 30 1/2 pounds. I decided to continue with my daily food and exercise logs that were e-mailed to Mary Ann in addition to weighing in at the gym once a week. I believe this piece of accountability was critical for me in finally making and sticking with the change. As of August 15th, 2010, I had lost a total of 92 pounds. I completely transformed my diet and lifestyle, but with this, I also feel like I transformed my life. I have more energy and confidence. It's been a lot of work, but it's been worth every effort. I also know that if I can finally do this, anyone who sets their mind to it can also. I hope that in some small way I can now help to motivate others.