

“The Miracle isn’t that I finished...The Miracle is that I had the Courage to Start”

Over two years ago I was at an event with some of my sisters, nieces, grand-nieces and my mom. I was holding one of my younger grand-nieces and my sister Mary was walking around taking pictures and I refused to allow her to take my picture. She did end up sneaking a picture, which I proceeded to tell her to delete when I saw it. I was angry and upset with myself for being so extremely overweight – I love my family but I wouldn’t allow my picture taken because I wasn’t who I wanted to be and who I knew I could be. This was my turning point, so I guess I should thank my sister Mary for taking that picture, but if I do she will have leverage over me and I can’t have that!

So I walked back into the Princeton Club in early May of 2011 (yes I was a member already and yes I wasn’t going on a regular basis) and saw the signs for the Biggest Loser contest. I went to the front desk to sign up. It was late in the sign up process so there wasn’t many slots left, so I got ‘stuck’ with the Saturday morning 7:00 AM slot. That is when I first started working with Sarah. I was extremely overweight and it had been about 7 years since I have done any serious exercising and going to that first class was very intimidating and very scary. That first class she had us do these crazy things called burpees; thinking back to how I must have looked doing them I can laugh about it now, but not then. After that first class I went to my car and cried out in the parking lot and all the way home. I remember Sarah saying in class that it will be tough but to stick with it. I told myself quit being a baby – I got myself into this and I am the only one that can get myself out of it, so I went back to class. Sarah never made me feel like a failure for what I was at that point or singled me out for anything during that class; she was always encouraging, but tough! I gained my confidence back that 2011 summer.

After that BL session I signed up for Sarah’s BL Continuation and Calorie Killer class and also signed up for Boot Camp with Jeremy – still doing all three of those things two years later. Of course I am a model participant in the classes; I never, ever complain or whine about anything! ☺ I think both of them are used to me complaining and whining that they just ignore me most of the time!

I participated in the BL contest in the summer of 2012 and 2013 also. I did get mad at myself that between each of the contests I wasn’t able to continue to lose the weight as quickly, but as Sarah pointed out I didn’t gain anything back either between the contests. During those BL contests is when I really lost the weight and I knew being accountable was what worked for me. I wasn’t the fastest loser (it has taken me two years to get to this point) – I was definitely the tortoise and not the hare in the race!

Am I perfect in my eating – heck no, but now I know when I do have one of those days that I know what I am doing – I just got done eating frozen yogurt with some not-so-good-for-you toppings from Cherry Berry. Am I perfect in my workouts, working out 100% every time – nope – I read the following once – “Some days I don’t have a positive attitude about working out. On those days I work out without a chipper attitude.” – and that is Ok. I do push myself, but there are days that I just want to only give 10%!

Thank-you Renee for creating this Biggest Loser program that gave me the confidence that I needed. Thank-you Sarah and Jeremy for pushing me beyond what I thought I could ever do. If it wasn’t for the three of you (and the support of all of the staff at the club and the people I have met at the club especially those in Saturday 7:00AM BLCC w/ Sarah), I wouldn’t be 102 pounds lighter and have 201 pieces of clothing sitting in a pile waiting to go to Goodwill! I still have more to lose, but I will get there.