

Biggest Loser Journey – Summer of 2023

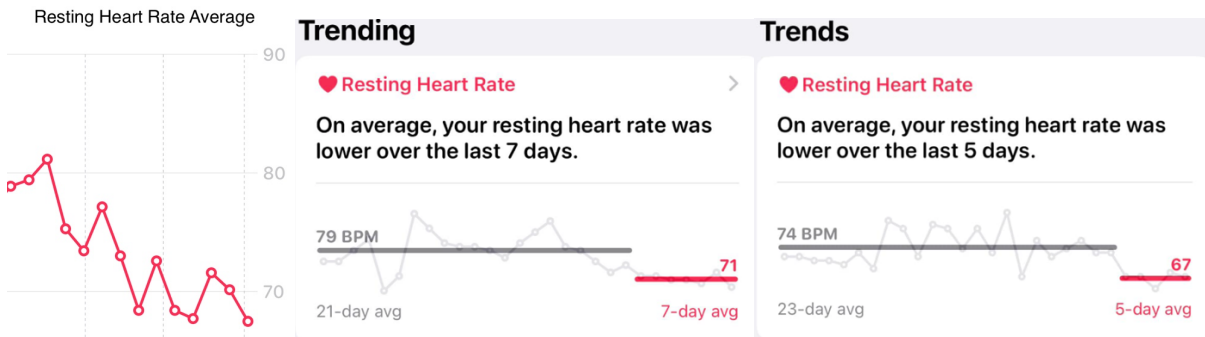
I re-joined the Princeton Club after a break of a 4+ years. I knew I would need some help getting back into the routine, so I registered for the Biggest Loser within a week of re-joining. I had my doubts. Could I commit? I told myself I wasn't that "unhealthy" to really "need" the Biggest Loser. Looking back at those doubts, I want to tell everyone that The Biggest Loser is for ANYONE who is looking to make positive and healthy lifestyle changes!! It has changed my habits!



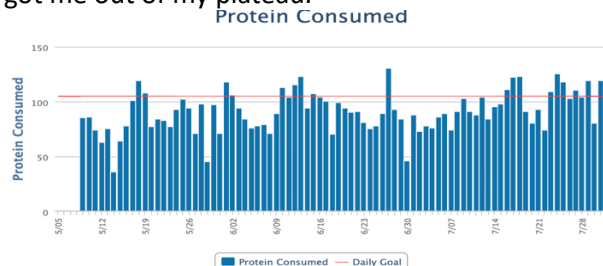
I decided to join a team because it included a before and after of the InBody Scan, which is such a great tool to see which areas you are losing weight. I also opted to meet with a trainer halfway through to check in on my progress with an InBody Scan.

Throughout the contest, I had a mindset shift. I never really understood why we should aim to lose 1-2 pounds per week. I thought – why not try to lose weight really fast!? But that would mean I had to be too strict and would ultimately fail with my diet. Instead, I learned that I could live my life while tweaking certain choices and still lose almost exactly 1 pound each week. It's a little boring. It's slow. It's frustrating at times. I did hit a plateau at one point. BUT THE END IS WORTH IT!! At the end of 12 weeks, I lost 12.8 pounds and I could tell a difference in the way my clothes fit and how I felt.

My Heart Rate and Blood Pressure improved significantly over the course of the contest:



I learned that the number one way to lose fat is to eat my protein. I increased my protein and tried to stay more consistent at the end, and it made a difference and got me out of my plateau.



If you are considering joining the contest for any reason – go for it. You won't regret it 😊