

My name is Chris Witkowski and I was this sessions top male in the Biggest Loser.

I haven't been a member of the Princeton Club all that long (July of 2013). But I joined with one mission, and that was to get in shape. I was at an unhealthy weight of 305 pounds and heading in the wrong direction. I made bad eating choices, and my family and friends were often concerned about my health. I didn't like the example I was setting for my two boys when it came to health, and healthy eating so I needed to make a change. So I started working out. I would go a few times a week, and I started noticing a difference. It felt great coming to the club, and the weight was slowly heading in the right direction-down! When they offered the signups for the Biggest Loser, I knew this contest was for me. For one, I'm very competitive so I looked at it as an opportunity. Second, I had hit a plateau in dropping the pounds. I was still losing, but not as fast as when I started. I decided to sign up for Matt Fenske's Tuesday night class. I had worked out with Matt one other time before sort of by mistake; he was teaching a class and asked if I wanted to join. I did, and loved his style and technique. I'm glad I went with Matt; he was one of many that pushed and motivated me the past 12 weeks. I often find myself asking "is it worth it?" when I'm about to eat something. Matt also reminded me that this isn't just a contest; it's a new way of life. Matt also got me into doing CrossFit and TRX. I'm very thankful for Matt, and I look forward to working out with him in the future. The Biggest Loser has taught me so much more than just how to work out though, it's taught me how to eat as well. Logging my food has taught me so much about portion control. When I look back at my food journal from week one to now I am amazed at how much I've changed.

I am lucky to have the support of so many that helped me in this journey. This is truly a lifestyle change from the way you eat, the way you work out, and the way you live. So everyone in the house had to be on board for it to work. I'm fortunate to have the love and support of my girlfriend who cooked healthy meals for me, did every physical challenge with me, and is on board with making a new healthy lifestyle. I have a wonderful family that comes to the club Saturday mornings with me to work out. I have friends and co-workers that have motivated and encouraged me along the way, so to all of you I say thank you!!! However, just because the contest is over, that doesn't mean the journey is. I still have a goal to hit, and I won't stop until I get there.

To anyone deciding to do the Biggest Loser in the future, I would offer this advice.

- 1) Keep an open mind, and do what your trainers tell you
- 2) Go to the nutrition classes
- 3) Come to the gym MORE than the 3 times a week that you are required
- 4) Do the physical challenges
- 5) Stick with it!
- 6) Have Fun!!

Good luck everyone.

P.S. If you see me in the club, feel free to say hi. 😊

