

Hello, My name is Jeff Landherr and I am 51. I joined Princeton Club in Fall of 2013. When I joined, I was like most people, hop on a treadmill and I will lose weight. No problem. I had seen the Biggest Loser Contest posted before and thought to myself, no need to, I know what I'm doing. Boy was I wrong. I would lose weight only to put some of it back on.

So I decided to join the contest. I work 3rd shift so nothing I do is normal. I have weird sleep patterns, no normal eating patterns. I signed up for Jeremy's Wed Morning class. Classes with a personal trainer really opened my eyes to everything I was missing, and yet it was actually fun(except for those darn burpees that Jeremy likes to do)! It actually taught me that doing cardio wasn't enough. I also like the idea of having other people in the class. It was like having your own support group.

Probably the most important part was the food journals and nutrition classes. It made me realize that making proper choices I could eat and not feel so hungry all the time. I found that I don't miss the soda or the fast food like I thought I would.

Today I feel stronger. My knees, back and feet don't hurt anymore. My blood pressure has returned to normal. It makes it all worth it when people come up to you and compliment you on how good you look. I actually now enjoy working out. What a terrible addiction to have lol! I lost 40lbs, equivalent to more than 2 bowling balls. Try carrying that around 24 hours a day.

I have enrolled in the continuation classes for 12 weeks with Jeremy to keep me on track. I plan on entering my 1st mini triathlon and maybe doing a half marathon this summer. I may not have won the contest, but in my heart and body I have already won. Do something positive join the next Biggest Loser or at least take classes with one of the trainers, the club is there for you and your health.

Thanks again Renee for all your hard work. Thanks to Jeremy making me push harder. Thanks to the whole Princeton Club staff for making this one of the best health clubs around.

Thank You, Jeff Landherr