

Robert (and Jill) Winkler Testimonial

My wife and I decided to compete in the Biggest Loser Program together. Jill had read some of the stories of previous participants and been impressed with how well everyone had done. We tried losing weight on our own for a few months with very little results. We decided we had nothing to lose (except weight) and had spent money on much less meaningful things in the past. I also had an event occur in my life that hit very close to home with a coworker that made me realize that we are not invincible. My coworker passed away of a heart attack while on the job. He was younger than I am and in better shape. It made me really start thinking about how I was not eating well, not getting enough exercise, and the stress of day to day life. I have two young children that I want to be able to spend many more years with. To be the kind of dad that I want to be I knew I needed to get in better shape to be able to participate in their activities with them. Jill had been struggling with losing “baby weight” and now “toddler weight.”

We decided that we needed some help and encouragement to make some lifestyle changes. We definitely received that from the Biggest Loser Program and our trainer Stephanie. We can't say enough about what a great job she did for us. She really stuck with us and held us accountable for poor decisions and really encouraged us to make better ones. Stephanie really goes the extra mile for all of the participants in her class. She met with us after class and on separate days for more individualized coaching on eating and lifestyle habits. She definitely motivated us to push as hard as we could during class. I appreciate it now even after I was out of breath after the first class and asked my wife “what kind of class did you sign us up for?” We can both say that we could not have done this on our own and are now thankful for Stephanie's motivation, homework, recipes, meal planning, food journal critiques, challenging workouts, etc. The “flawless blueprint” that we were reminded of repeatedly really works!! Thanks Stephanie!!

The Biggest Loser Program has so many other benefits. All of the physical and nutrition challenges taught us new things and we have incorporated them into our new lifestyle. We will continue to go to Dietitian Kelly's monthly programs. She has so much good information. We tried new classes and different equipment at the club. It was very helpful to have a workout partner to try new classes with and complete Stephanie's homework with. We have some new favorite classes that we will continue going to that we probably would never have tried if we did not compete in the program. We encouraged each other with healthy eating habits and preparing meals together. This was a big change from saying, “lets order pizza tonight.” We helped each other with our schedules to get our workouts done. We realized we do have time in our life to be healthy. We had to stop making excuses and do it!! We enjoyed our experience so much that we both decided to participate in the continuation program to keep us on the right track. We can't imagine working out with anyone but Stephanie, so we will see her for 12 more fun-filled weeks!!