

Ward Komorowski

In May of this year, I had high blood pressure, diabetes, sleep apnea, GERDS and was 262 pounds. It all started when my wife asked me if we should join the Biggest Loser program. Apprehensive and disappointed in where I let myself go (262 pounds, 5 foot 10, and overweight) I decided to join along with her. I was very active in my youth, athletic and now was struggling with day-to-day activities. I watched my neighbor and brother-in-law reduce their weight when they were in this program and they became my inspiration. I knew that this was my opportunity to change my lifestyle and improve my work/life balance. The very first day I weighed in and told my wife to call me AC. She asked me what does AC stand for and I said, "Area code, 262." With that as my starting point, I knew I had a long journey ahead of me but I was ready for it.

In the beginning, I found it very challenging and stressful, logging all of my food and counting the calories so I decided to make it an engineering equation. It became simple. Fuel in versus fuel out and eating food to nourish my body.

The workouts then began and after my first two weeks and losing 15 pounds, I found it easier and easier to be successful in achieving my goals. My goal was simple in the beginning. I just wanted to lose two pounds for every week I was in the program and after the first two weeks, I lost 15 pounds. I started to then reflect and analyze my goals and objectives and changed them throughout the entire program.

To date, I am insulin free, and free from all medications including high blood pressure and most recently at my last doctor's visit my doctor said to me "AMAZING." What a good feeling that was. Today I was able to run 10 miles in 89 minutes and am 75 pounds lighter. What an accomplishment!

If anyone has a similar situation to mine, all I can say is that you can do it too. It's all about commitment, hard work, dedication, being honest with yourself. Feel free to stop and talk to me when you see me at the club.

I'd like to say thank you to my wife, my brother-in-law John, my neighbor, Trainers Sarah and Dani, Renee, and the Princeton Club for changing my life and getting me back to a healthy person. The program works.