

Feb 23rd quotes HWMJ 2

Pam Christianson

I continue to be amazed by the number of people in the community who are following our group. I get so many positive comments from people at work, church, meetings and even at the grocery store! So many people have said that they would never have the nerve to go public with their weight or invite scrutiny on their progress. I have found that the positive reinforcement I receive helps to keep me motivated and on track.

Sandra McCowen

I am noticing clothes are fitting better with the loss of inches. I have committed to attending an exercise/education session 2 days a week at lunch. I have begun to realize that I need to commit to regularly setting aside time to do what is best for my health. As with most people I know what to do but I let other things in my life get in the way. I usually feel like I don't have time to exercise but I know I feel better when I do. I know I will have to work at this for the long haul and be patient with slow progress on the weight.

Bill Davis

I was really surprised with how well I did during the first four weeks. I lost almost double of what my goal was! The part of the program that has been particularly helpful to me is the food log. By logging everything I have been able to monitor what my calorie intake is. It has made me more aware of portion sizes and the calorie content of foods than I had been previously. I especially like that it allows me to type in a recipe and it tells me what the calories, protein, and carbohydrate content is in the food. Then I can continue to eat some of our favorite meals with a better idea of what that means for my day's plan. I think that this will provide a long term benefit because then I don't have to necessarily change all of the foods that I enjoy eating.

Steen Wamsley

It's not so hard setting goals, it's hitting them consistently that's hard. But slowly yet surely I persist! I'm getting lots of community & family support, "Way to go!", "You're braver than I", "How can I join", and that sort of thing!

Cut many eating habits, and my energy has jumped. Since I started counting calories 3 months ago, and hitting a daily average of 1500, I've lost a total of 21 pounds. So I know that I am eating smarter. I even feel like I am *thinking* smarter!

Jackie Johnson

I have been working towards my goal of getting in cardio workouts 6 days per week, 30-45 minutes per session. For me, it works out best if I get up earlier in the morning and get it out of the way before work. However, it is very easy for me to keep hitting the snooze button. Solution? I set an alarm in my kitchen, which forces me to get up and go down the hallway to shut it off! So far, so good! By the way, I am still smoke free!

Lynn Moon

I have been looking at food differently - more as a way to maximize the function of my body and less as a reward/enjoyment. I have really been aware of the amount of protein I am eating and have increased my consumption of protein for all three meals and some snacks. This has led to much different food selections. As a result, I feel much better with more energy. My goal this month is to identify and purchase foods that have a higher nutritional value and to make time to prepare my meals and snacks.

Pam Ehnis

There is no magic diet pill or genie that is going to make your extra pounds and inches disappear. I would watch all the infomercials that advertised their products and actually thought that if I bought them they would be the key to my weight loss. I finally get that eating healthy and exercising consistently are my best bet to shedding these extra pounds. It's not easy, it's really hard work; but the rewards are priceless. I get up between 4:30 and 5:00am. Yes, it's early but I love the morning and I like to spend time with my family after work. Cathy Ruprecht from Marquette General Hospital Sports Rehab has shown me how to create my own gym at home for very little cost. I also walk on my breaks at work. Any exercise I get in the evenings with family is extra. Just keep moving, your body will thank you!

Doug Reese

"There is a saying, 'There are two kinds of pains in life, the pain of discipline, and the pain of regret.' For the first six weeks I was experiencing both kinds of pain! It is no secret that it is easier to STAY in shape, than to get in shape. After six weeks I am now embracing the pain of discipline and enjoy living a new, healthier lifestyle. I actually look forward to each workout in the gym and I am not tempted to stray off my diet. My goal now is to start incorporating in a running program to my conditioning plan."

Sandra Lambert's

I am finding if I write "gym" right into my daily to do list and calendar it keeps me on track just like the food journaling. I can't just go home after work as I still have "gym" to cross off my to do list! I joined to show my daughter how to be healthier and having her ask for fruit instead of chocolate has been a big motivator! Plus the community support has been tremendous!

Bill Martin

Eating too much of even a "healthy food" can mean weight gain! Portion control is a must-do for all foods we eat. My first step in understanding portion control was to learn about serving sizes... standardized amounts of food with specific nutrient and calorie content. Once I began to use nutrition labels and actually measure out food, I was able to start eating the correct amount of food at each meal. Tracking what I ate each day was an "eye-opening" experience. Calorie-cutting coupled with exercise is becoming an effective way for me to lose weight!

Anna Galeazzi

I am a super competitive person so when I signed up for the challenge my goal was to beat all the other participants. But a couple weeks into this I realized that I am not in a competition with the other people but I'm in a competition with myself. The challenge is to change me! To change the way I view food, and the way I eat, and the way I exercise. It's a daily challenge to be the best me I can be and some days will be great and some days will be bad. By sticking with a daily food plan & workout routine I can lose the weight!