

**PRIVATE**



Catherine Stiner

Summer Weight Loss Challenge

1. What frustrates me most about health and fitness is that, as I've aged, the metabolic and physical changes my body has experienced make maintaining health and fitness more of a challenge.
2. My typical week includes working at my animal hospital Monday, Tuesday, Thursday and Friday (and occasionally Wednesdays) from 8AM until 6PM. I am on my feet the majority of the day, and am moderately active during that time (not sedentary). I usually awake between 5 and 7AM. I will occasionally work out at home in the morning. In the months before and after my total knee replacement in December, I have been attending Boot Camp. I sometimes exercise during the day at work (Leslie Sansone walking videos with my co-workers) and frequently work out when I get home from work. I have an elliptical machine, a stationery bicycle, and a rowing machine, as well as numerous exercise DVDs. Weekends are less structured, but I usually try to exercise, and plan meals for the week. My sleep patterns are irregular at best, usually due to falling asleep in my recliner, then awakening several hours later, at which point I usually have difficulty resuming sleep once I go to bed.
3. Morning is my most difficult time as I tend to be a night person. My commitment to increasing my health and wellness has compelled me to get out of bed and get moving earlier in the morning, when it doesn't come naturally to me. I will make time for this program by continuing to get up when the alarm says to. I reserve time during the week and on weekends for computer data entry, recipe research, grocery selection and meal preparation. My consistent attendance at Boot Camp 2 months prior and now after my surgery in December, demonstrates my commitment to the program.
4. I should be considered for selection for the Summer Weight Loss Challenge because:
  - a. I am committed to the Tall Trainer/Boot Camp program.
  - b. I am physically capable of the exercise.
  - c. I need to learn proper nutrition and fitness techniques for a lifetime of improved health.
5. My goals (regardless of whether I am selected for the Challenge 😊) are:
  - a. My journey is ongoing, having lost ~60lb over the previous few years. My goal is to lose 60-100 additional pounds and keep it off.
  - b. Continue to increase fitness including ongoing rehabilitation post-TKR
  - c. Learn and reinforce nutrition and fitness techniques to implement them in daily life for the rest of my long, healthy life, to ensure my optimal wellbeing.
  - d. To be an example to my friends, family and co-workers about the benefits of working out in your Boot Camp.
6. After I have accomplished these goals, I will feel rejuvenated, fit, strong and proud of the considerable accomplishment, including the effort and my physical appearance.