



May 10, 2011

I would love to be considered to compete in your "Summer Weight Loss Challenge" contest. I am aware of your program with many success stories and have a strong desire to participate. I am thankful for the opportunity that you are giving 4 individuals and if it be God's will I will be one of them. Regardless....Thank you!!

1. My biggest frustration at this time with health and fitness is that I have allowed myself to get so out of shape I do not know where to start. I hesitantly tell others that I used to be a fitness instructor "90 pounds ago". I taught high impact aerobics 3 times a day, 2 days a week for 3 years, as well as working in the gym 2 days a week training the boys during early marriage. My fitness routine has been sporadic at best over the child rearing years.

2. I work for Canandaigua School District in the In-school suspension room and do a lot of sitting during the day. I was concerned about "the sitting" when offered this job when we moved to the Canandaigua area 6 years ago. I took this position because it was essential for me that I worked in the high school to get to know the students because 2 of my 3 children would be going to CA upon arrival. I have been blessed even though it didn't feel that way the first 4 months here. I work 5 days a week 7:30 - 3:30 with some additional hours that I do for the district. I usually sleep from 10/11 p.m. until 5:15/5:30 a.m. on week days and do not rise until about 7 on the weekend. My sleep is often interrupted but I think that is due to my physical condition. I am not exhausted at the end of the day (like one should be from making the most of the day) ... just tired (from my physical state). When I am really lacking energy I take a nap after work (although it has been more than a month since I have done that). I am a morning person. I occasionally walk the dog and I also do a low impact aerobics class on Saturday mornings which has improved my core and balance a lot from where it was. I do some volunteer work (another goal to do more and regularly) when available. I have started to adjust to eating several meals a day but I am still struggling with binge eating and being out of touch with proper nutrition/meal planning.

3. I can and will make time for this program. You can not imagine the excitement upon viewing your video about this opportunity. I have already thought through the possible options and I would consider the biggest prize to be the chance to compete. I have a lot of time on my hands; I do not think the couch will miss me. I look forward to the structure of the "whole" program and getting my life back on task for long term fitness.

4. I have struggled with my weight for years ever since bearing children two decades ago but it wasn't until the 3<sup>rd</sup> child that I progressively gained weight. For years I did not have the time due to the demanding schedule of trying to build my children into well rounded adults with "too many" activities. The fast food stops between activities which I am now acutely aware did not benefit any of us contributed in part to my weight gain from 140 pounds when first married 29 years ago to a size 18/20 W of 230 + pounds (I recently lost 10 pounds). I did know how to eat correctly but that knowledge seems to have fallen into

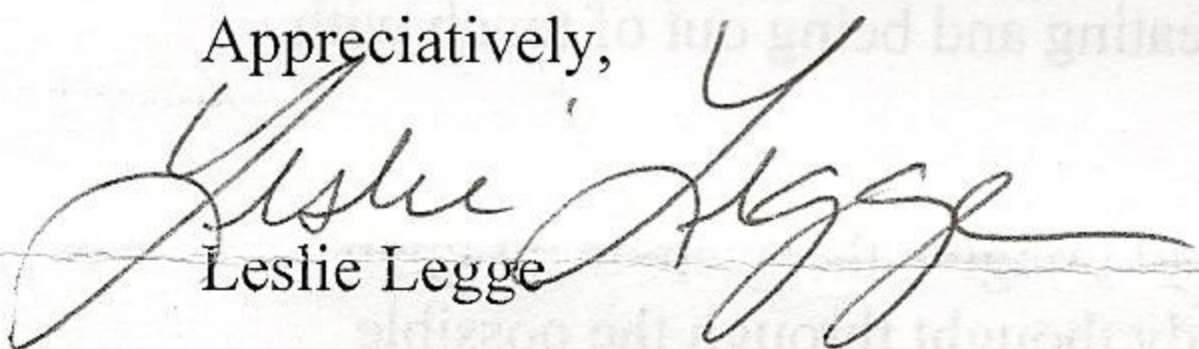
the big black hole. I now have the time to exercise but for a variety of reasons (including 2 kids in college) I do not currently have the finances to follow through with my desire for an intense program. During the last 15 years I have acquired some health problems from the choices I have made. I have high blood pressure, lack of energy, a few vitamin/mineral deficiencies, and numerous joint issues, not to mention the fatty liver that I lovingly say I am growing to share if a family member needs part of it. Although I make jokes, I am saddened by my physical state. My nature is one of enthusiasm and benevolence and I know I could be doing so much more everyday if it weren't for the rut I have worked myself into physically and the lack of energy. I also am very aware that I am setting the stage for more profound health problems because of the condition I am in at the age of 54.

5. My goals would be to get on track for life long fitness (body, mind and spirit). I would love to enjoy the consequence of this program which I know will be physical fitness including core, balance, and strength. One goal is to lower my blood pressure and hopefully eliminate medication. I also look forward to getting redirected nutritionally to benefit not only myself but my family as well with what I learn. Losing weight and building muscle/strength would be awesome (as I know I will). I thrive when in a structured environment in regards to expectations and I truly LOVE to exercise but being out of it for so long has made it difficult to get jump started....that is also what I look forward too.

6. I am certain that I will feel 100% better. I know from past experience that proper nutrition as well as adequate exercise encourages mental, physical, and spiritual health. I look forward to being more productive and motivated to do not only the things I need to do but also the things I have wanted to do.

Again, thank you for considering me for the "SUMMER WEIGHT LOSS CHALLENGE".

Appreciatively,



Leslie Legge