



1.) What frustrates me the most about my health and fitness is that I don't feel healthy or fit!! For the past thirty years I have had one excuse or another for not making the time to get fit...having children, facing the death of my sister, brother, father, moving out of state, facing divorce with two daughters after 14 years of marriage, going back to college for massage therapy, taking care of my elderly mother, who now lives with me, and most recently helping my daughters deal with the death of their father. Life is challenging sometimes and I feel like I am always able to help others face their fears and persevere, but I don't give myself the same gift. I am a "functional" unfit person but I want to be a "flourishing" healthy person!

2.) A typical workweek for me is getting up at 6 am and getting to work at 7am (after trying on several outfits and settling for the one that hides the most). I have one cup of coffee at work along with instant oatmeal, a banana, walnuts and agave syrup or an English muffin with peanut butter and a banana. Sometimes I will have vanilla yogurt with raspberries mid morning, but if not, then I am starving at 1 pm for lunch and I eat more than I planned. I usually buy my lunch at work because I have not packed anything from home. I work in a very busy office but I tend to sit more than I am up and walking around. When I get home at 4 pm I spend some time with my Mom and then prepare dinner for the two of us. I usually have no planned menu so it is whatever is quick and easy...Mom also loves to go out to eat and we usually will go out at least once for dinner during the week and once for breakfast on the weekends. After dinner I like to sit and read the paper, check emails, and watch a little TV with Mom. One to two times a week in the evenings, I have clients scheduled for massages. I am in bed by 11ish. My weekends are usually busy with housework, laundry, yard work, errands and grocery shopping.

3.) Making time for the classes is very achievable for me because I work in Canandaigua and I could attend class right after work. Making the time to plan meals and keep record of what I eat is something that I need to put into practice. I am confident that my family and friends would be encouraging and helpful if I asked them to help.

4.) I feel that I should be selected for this Weight Loss Challenge because I am ready to admit that I need support and guidance to achieve my goals and I believe that you and your team are the best teachers, seeing as you live what you teach. Also I owe it to my beautiful daughters and myself, to be the best I can be.

5.) One of the challenges I face is that my Mom weighs about 98 pounds and loves to eat sugary things...donuts, cookies, candies, pastries etc. At 87 years old, I feel like she should be able to eat whatever she enjoys, but I have difficulty not eating these things when they are in sight! Now, my younger daughter is home from college and we are all so used to celebrating with food!! So, one of my goals is to learn how to make substitutions for these foods and eventually eliminate them from our home. Also, planning meals ahead of time will make eating the right foods easier. Another goal I have is making it a habit to take quality time for myself physically, by being more active, spiritually and emotionally by continuing my meditation classes and receiving more massages instead of always giving them!

6.) I thought that I was strong willed enough and smart enough to take control of my weight and health, so each morning I wake up thinking I can change my world.... but each night I go to sleep defeated, feeling weak and foolish. So to rectify this I now realize that my strength and wisdom comes in asking and seeking help from others, not by fooling myself that I am alone in this struggle. So how will I feel after I become healthy and fit? Fabulous and not alone.

There is a Zen saying...."The truth is realized in an instant, the act is practiced step by step." I have accepted my truth and am asking for help with the steps. Thank you.