

# LOIS BENSON

02/29/12 – Before



06/20/12 – After



For the Big Loser program, I need help right now very badly, any which way that I can get it. On October 4, 2010 I had a kidney transplant at Mayo Clinic in Rochester, MN. At the time the Doctors informed me about the importance of not gaining any extra weight and I have to learn to control my eating habits. However, as you can see, I am not doing very well. Gaining weight is hard on a new kidney and your body after the transplant. In addition, the medicine for the renal transplant is a killer and it is very easy to gain weight from the pills, which I take every morning and evening.

Because of my left knee hurting, I do not go walking or get any extra exercise. Because of that, I am putting on the weight pretty badly. I NEED HELP VERY BADLY!

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## 1 – Month Update

Four weeks into the program! Probably the most difficult part is just the change occurs over time. Getting out of the rut. Being more aware of food choices, controlling your portion sizes and what I choose to put on my plate. However, I still got a notebook on the kitchen table to write down the calories intake. Plus measuring cups hanging on the kitchen cabinet.

My greatest challenge is to increase my activity level. To self-improve myself. If sitting down in my chair I think about exercise, my motivation is low sometimes. However, I would feel better just getting out in the fresh air, to get your determination up and get out of the house. It is also one good way to get to know your neighbor.

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## 2 – Month Update

It's been eight weeks sense we started and everyone (all eight of us) are hitting the plateau. That invisible wall. If you ever tried to loss a little weight, then you know what that plateau is like. You just can't loss that pound of weigh. But if you turn around its two or three pounds on the scale to the plus side.

To me, it feels like I'm waiting at the railroad tracks. Waiting for the train that is going the wrong way, meaning the scale.

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### **3 – Month Update**

Twelve of the sixteen weeks into the program we will be done within a short four weeks time period. It seem like time is flying by so fast. We all got pass the plateau with changing our exercise program. Like starting to do exercise on regular bases. Our bodies were getting into a rut doing the same exercise all the time. So our instructor had us change our exercise, to increase the heart muscle, make it work harder. To make us go slow then faster, than back to slower again, than faster. So that way the body worked harder and we all were drenched in sweat after ever workout. Plus learning to divide a dinner plate into three parts, one meat, another starches, and last vegetables. We will all be struggling with weight all our life. But now we got a weapon on our side to fight with.

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