

Hola, Peeps. How is everyone this week? Me? Not bad. I lost another 2 1/2 lbs. That brings my total up to 46 1/2 lbs lost since the beginning of the challenge. I know that Jess & I aren't number one in the standings, but that's ok. We're both losing at a pace that we can both handle, which, in the end, is the healthiest thing for us. Tonight is our last boot camp, so no matter how much sleep I get, I'm gonna make sure I get there. I'm very thankful for everyone involved in the challenge. Jess & I have learned a lot & will hold this knowledge & use it well. I can't wait to see what we're gonna look like next year. Another 5 1/2 lbs & I'll be at my goal weight for the challenge. I would love to see 250, & I know I will. If I lose anything beyond that, koodos to me, but I will be happy to see 250. My current weight is 295 1/2. I haven't been under 300 lbs since high school... That's almost 15 years! Anywho. I'm off to get some sleep. Everyone have a good day. Peace out.

~ Tim

Ralph Marston

Your goals, minus your doubts, equal your reality.

Hello Everyone! Well, it's officially week 12! I've lost 31 pounds in total, and I'm not sure about inches yet, I'm sure Penny will be measuring us soon so we can report back with that! What a ride it's been the last 12 weeks. I am so grateful for Penny from Big Bear for giving us the boot camps and setting us up with a workout routine, and I'm so glad for Jamie from Optimum Wellness Clinic for all the wonderful adjustments, I'm not sure how I lived without a Chiropractor! And of course I'm thankful for Dave and all the wonderful Staff at the Extreme Pita and for all the free and discounted pitas that were a total life-saver when I needed a quick meal. Mostly though, I'm thankful for Earle from Simply For Life. What an amazing person he is, and what a huge help he has been to Tim and I. Without Earle, I probably would have given up. I'm just so grateful to have him, And I hope to be able to keep him for another long-while yet. I still have a long way to go before I reach my ultimate goal, but I did reach the goal I set for myself for the challenge, so I'm really happy with that! And last, but not least, I'm very thankful for my friends and family for supporting us through this whole 12 week journey, and for promising to stick around and provide us with encouragement while we continue it afterward! I'm so proud of myself, my husband, and of course all the other Teams! Way to go guys!

~ Jess