



Howdy, folks! Well... This is it. Last blog time. Things are going good. Jess & I are so thankful that we were chosen to be a part of this year's Extreme Loser Challenge. We are taking SO much with us. I didn't do as good as I expected in the working out area, but I feel I'll do better when I can get into a normal job with normal hours. I did, however, do better at the nutritional end than I expected. I have learned something, finally, that I've been trying to teach myself for the past 20 years. Portion control. That was always my downfall. I love food. I ate lots of it. But not anymore. On the occasional outing, I may feel the need to grub out, but as for wanting to eat everything, all the time, those days are behind me. I have lost, in these 12 weeks, a total of 45 lbs. & 23 inches. I feel GREAT! I was able to put on my most favorite shirt in the world this week. My Notre Dame Fightin' Irish jersey. WOOT!

Take it from me, folks. Anyone who wants to get in shape, tone up, lose weight, & be healthy, you just gotta jump right in & get started. Learn what to eat & when to eat it & also get an exercise routine that fits your life-style & won't burn you out. It's easy. I've been a couch potato, video gaming, "I'll do it tomorrow", eat & live like a bachelor kinda guy my whole life. I lost the weight, I'm keeping it off, & I feel great. There's a plan for anyone & for any life-style out there. Just talk to Penny & the folks at Simply For Life to get ya started & the rest will be history!

Also, special thanks to Jamie at the Optimum Wellness Clinic for keeping my muscles from aching so much during the work-outs & bootcamps. To Lois at Here's The Scoop for getting our stories out to the public so we all can share in our triumphs. And to the STAFF at Extreme Pita for being helpful, courteous, & expeditious when we stopped in. Have fun learning how to be healthy, guys, & we'll see where we are a year from now. 225-250 lbs., HERE I COME!!! Peace out.

~ Timmy

The Last Blog! Holy cow! Looking back I can't believe how much we've changed over the past 12 weeks. It's amazing. And good for us! Overall I've lost 28 pounds (I had lost more but gained a couple this last week with my birthday celebration and Easter and being sick. Boo!) And I've lost 21.25 Inches, which is FANTASTIC. I feel great, and I'm so happy to be wearing pants that are 2 sizes smaller. Overall I'd have to say it was a fantastic experience. We learned so much this past 12 weeks and I'd do it again in a heartbeat. I would totally recommend trying out for the challenge next year if you didn't this year. Or if you're sitting at home and procrastinating, maybe set up a 12 week challenge of your own with some friends and family members and have some kind of cash reward or something at the end. It would be a great incentive to keep going, and it would be something to get you started!

I would recommend if you're looking to make a lifestyle change to go talk to Penny at Big Bear and talk to the awesome people at Simply For Life and get things in motion! It's been such a great thing for Tim and I.

The worst part of the challenge for me was getting motivated and understanding my triggers and my cravings and why I was craving certain things. I am not going to lie and say I'm totally over that yet, but at least now I can sit down and figure out why I'm craving what it is I'm craving, and then cheat responsibly, or talk myself out of it completely.

The best part of the challenge was everything. Seriously I can't pick just one thing. Learning about portion sizes really opened my eyes, 5oz of chicken is A LOT more than I thought it was!

A big thank you to the following:

Penny from Big Bear for putting this all together for us and for slaving over numbers and paperwork and boot camp routines for us, etc.

Earle from Simply For Life for being such a great motivator and giving us great meals that we could work with.

Jamie from Optimum Wellness for all the adjustments. I love Jamie. You should go see him, you'll love him too!

Lois from Here's the Scoop for publishing our blogs and putting up with all of our questions.

The Staff at Extreme Pita for the great Pita's and the friendly service!

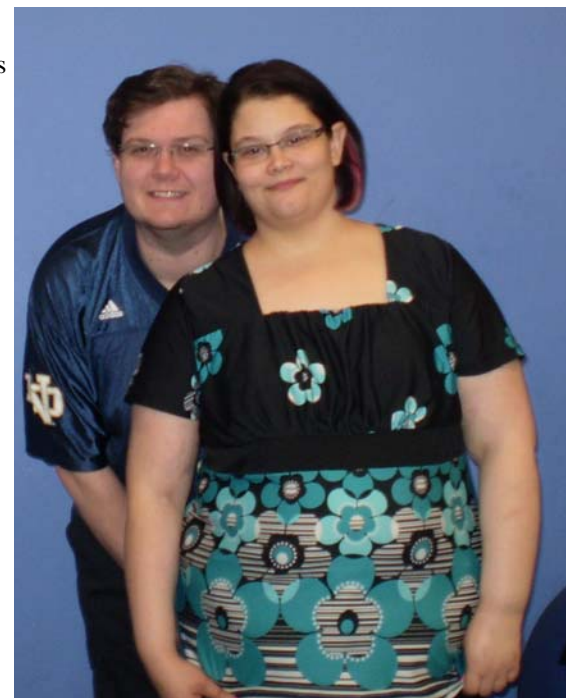
My Mom and Dad for being so supportive of us.

My best friend Kim for following along through the challenge with us.

And All of our friends who supported us through the challenge! Thanks so much!

Congrats to all the other teams for their awesome work!

We look forward to seeing all of our readers and our supporters and friends and family at the Wrap Up event on the 28th of April!



~ Jess

**Come see the AFTER us
as the Wrap Up Celebration**

April 28th, 7:00pm 275 Jensen Dr. T&C