

Shawn

Well week 2. I had a rough week being in and out of urgent care and doctors offices. I think that, all of these years of NOT taking care of myself has finally caught up with me. Apparently having blood pressure of 191 over 133 isn't all that great, but thanks to Penny (Big Bear Fitness) and Jaimie (SFL) we will soon have this under control. As far as everything else goes the work outs and change of eating habits have already made a difference for both of us. Kudos to Corrinna she had to do a couple of workouts without me do to taking tests with my doctor to check my ticker and blood. Everything sounds like it will be ok. Thanks goes out to all the staff at urgent care for fixing me up. So don't count me out of the race yet I'll have some catching up to do. We will be getting weighed tonight, so tune in next week to see the results. Good luck to all the other teams see ya monday!!!

CORRINA,

First week was just getting started, the weigh in, measurements, meal plan and work out routines. Now it's week 2 and we have a routine established, and feeling great!. The food is awesome, perfect amounts, tastes great... it's just eating 6 times a day and remembering when to eat is the hardest. I look forward to Mondays boot camps and my daily work outs. I'm finding I fall asleep faster and have more energy. Too bad I can't say that about my partner, My husband had a little set back this week..... hope he feels better soon.