

Hi everyone...we are at week 7 and LOVING IT! Its sad that this is going to be over soon, but yet I am excited to know if I can do this or should I say we can do this alone! I believe Shawn and I can...we really enjoy the time together and really being in-tune with each other and noticing the changes within our selves and each other. I have noticed that this has brought us closer as a couple, we complement each other, share our struggles and highlights and at the end our goals are the same. TOO BE HEALTHY.

I can't wait for the day to start and eat, and feel good about it. I can't wait for working out and I definitely can't wait for the weekends to be over for boot camp, and Wednesdays weigh in's. Is there such things as Post Extreme Losers Blues? I know I will get them:(

If there is any advice I can give to anyone wanting to change their life style and loose weight.....First off is "Positive thinking", second the focus should not be on the numbers on the scale its how "you feel" and the inches that you notice as you put on your clothes. As well, remember you didn't put this weight on yesterday so take it "day by day" until you reach your goal...enjoy each mile stone even if its 1/2 lb because you did it..nobody else! We all just want to loose it now and that's where we all will fail, not "setting and expecting a realistic goal".

With support of family and friends and most of all "your own support" you can do it!

Again I would just like to say Thank's for all your support out there!

~ *Corrinna*

Hi gang, feeling as good as ever. Look out 40lbs here I come! Another great week with a weight loss of 5.25lbs, and Corrinna with 3.5lbs...way to go RED. We won last weeks "Extreme loser" and we are off to take some Yoga Classes, thanks to Airdrie Yoga Studios. Yes... big guys can do yoga too, don't laugh until you try it! Stay tuned for some off those pictures I'm sure Corrinna will have her camera ready. HAHAHA...

~ *Shawn*