**2022 Summer Biggest Loser Contest Testimonial**

The Biggest Loser Contest is a process that works! I lost 24.6 pounds 11.3% during the contest and I actually started 3 weeks before the contest on my weight loss journey so actually lost 29 pounds or 13% total. One day I sat down and went to lean over to pick up a shoe to put it on, I could not bend at the waist to pick up my shoe. I then weighed myself and found out I was 220 pounds. A red flag went up and I needed to lose a lot of weight. I saw that the Princeton Club was going to be doing their Biggest Loser Contest in a few weeks so went into the website to see what was accomplished in previous contests and what type of challenges they did. The results from previous seasons show that the process can be successful. I was impressed with the amount of weight individuals lost. I then reviewed the trainers from the previous contests to see if there was one that had great success with their teams. I decided to go with Amy and signed up for the contest.

I started using the MyFitnessPal right away logging in what I was consuming. My first big decision with nutrition was to stop drinking 3-4 soda’s per day, I just quit drinking it all together. That was a tough thing to do. That was a major mile stone and I kept to it. I then did some research on the web about different exercises that will help to lose weight. Cardio and strength training showed up on several websites. I started going to the Princeton Club pretty regular to start the process of losing weight. The first workout with Amy, she kicked my butt, I was totally wiped out by the end of the workout and the sweat was pouring out of me. She was very tough and laid it out as it is, no sugar coating which was great. Stated what we had to do to lose weight. Also emphasized that we have to work as a team. The nutrition logs were turned in each week and she gave us feedback on what we need to work on. She was very frank on what she wrote and stated to the team. She is very dedicated to helping us and was stern to get her point across, which is what we needed. If I had question I would e-mail her and she was quick to respond, great support!

I started tracking my data from the nutrition site and graphing it so I had good visuals as to how I was doing. I tracked my weigh in’s at the gym and at home, how many calories I consumed, workout calories, and calories burned off along with how many minutes I worked out. You have to burn off 3,500 calories for one pound of weight. The weight graph gave me evidence of my successes and kept me fired up as the pounds started to fall off.

The personnel behind the counter when you log in were awesome and supportive, gave positive feedback on coming in to do the workouts when they signed our Biggest Loser sheets. The gym has a lot of awesome equipment and they keep adding to or upgrading it. If you have questions on how to use a piece of equipment there is always someone around to help you.

I started to have non-scale bonuses. I ran a few 5k (3.1 mile) races and did Duathlons during the Biggest Loser Contest. My running pace dropped from 11:00 to 9:30 per mile pace and actually placed in my age group with 1st to 3rd place finishes. I have set new personal records with my bike. My average pace during a race on my bike is now 17.1 mph up from 12.1 earlier in the year and my new maximum speed is 29.3 mph up from 24.3 mph. I feel so incredible now with the weight loss.

A **Major Life Changing Bonus** is that I am now off both high blood pressure medications and the cholesterol pill I was taking per my doctor! My doctor was extremely impressed with how good my lab results are and impressed with how much weight I have lost. This was one of the **best benefits** of doing the Biggest Loser Contest!!!

When the contest was over they sent us our before and after pictures. Holy buckets, I cannot believe how I look now and how great I feel. One note is during the process you will get days where you work out hard and the weight does not seem to change, you need to keep pushing your workouts and the weight will drop.

Overall the Princeton Club Biggest Loser Contest is an effective process and I would highly recommend it to anyone that wants to lose weight. You just need to be true to yourself on logging what you consume in MyFitnessPal and need to work out consistently and push your limits. You do this and you will be amazed at how the pounds will start dropping off and how good you will feel. The support at the club is out of this world, they are always there to support you with whatever you need. They want you to succeed in your goals!! This weight loss process and Amy were so great I signed up for the Continuation Classes with Amy for another 14 weeks!! Going to lose another 10-12 pounds with their support.

Thank you Amy and the Princeton Club for the incredible support through this Biggest Loser Contest!!

Dale Wittlieff

I created a big spreadsheet to track a lot of different elements of my progress. The following are some of the charts I used to keep my energy high during the Biggest Loser Contest:





