

Adam Lewis

Did you set any goals for yourself in 2006?

My two goals this year have been weight loss and increased physical activity.

Why did you participate in the Biggest Loser Program?

I have been going to the gym and losing weight on my own for the past several months. However, I wanted to find a program that supported and pushed me to continue, if not excel at my two goals. By having someone to check in with on a weekly basis, I felt that the Biggest Loser program would keep me on the right path. The two month program has really kept me focused on my goal.

What kind of results have you seen?

I have lost 35 pounds during the 8 week program and lost 117 pounds total. Things that I could not do at all at the start of the program (Treading, lunges, squats, balance work) I am doing with relative ease now. Michelle keeps pushing us every week though - the bar is constantly being raised.

What stands out most in your mind about the program?

Although, at times I definitely was not enjoying the activities that Michelle put us through, I have to say that the program has really been wonderful. I can see my conditioning improving every week. I still have a long way to go - but I feel like I am on the right path. Although the Biggest Loser has ended, as a group, we all decided to continue the program through the end of the year. That really speaks volumes for it. As a group, we have all supported each other and worked well as a team.

The two month program has really kept me focused on my goal.

I have lost 35 pounds on the program and 117 pounds total!

