

## **DIVISION 6 – 1<sup>ST</sup> PL SUCCESS STORY**

**I WANTED TO LOSE WEIGHT FOR A NUMBER OF DIFFERENT REASONS. MY MAIN REASON WAS TO LOOK GOOD. AT FIRST, THOUGH, I DIDN'T CARE ABOUT MY WEIGHT THAT MUCH, BUT I FINALLY GOT FED UP WITH BEING HEAVY.**

**MY GRANDMOTHER ON MY MOM'S SIDE, GOT ME TO JOIN TOPS #IN 1085, FARMLAND. DURING THE FIRST FEW MONTHS, IT WAS HARD. I HAD TO CUT WHAT I WANTED TO EAT IN HALF. I ALSO HAD TO FORCE MYSELF TO GET ON THE TREADMILL.**

**I REALLY GOT FED UP LOSING ONE WEEK AND GAINING THE NEXT WEEK. SO I BEGIN WORKING MY BUTT OFF TO LOSE.**

**THEN BEFORE CHRISTMAS, LAST YEAR, I HAD MY TONSILS REMOVED AND I BEGAN LOSING A LOT MORE WEIGHT. I'M PROUD OF THE AWARD I WON DURING MY FRESHMAN YEAR IN HIGH SCHOOL AT 2008 SRD.**

**MY SUGGESTION IS WORK AT IT, TRY YOUR BEST AND THE RESULTS CAN BE GREAT. IF YOU FEEL LIKE YOU CAN'T LOSES, TRY ANYWAY! MY VERY FIRST PROM WILL BE COMING UP SOON AND I WANT TO LOOK GREAT FOR IT.**

**JAMES MORRISON**