

## **DIVISION 3, 2ND PLACE**

**I became 40 years old 8 years ago. It was a bad year so I decided to do it over! I celebrated my 40<sup>th</sup> birthday again 7 yrs ago. I joined TOPS #IN 896, Zionsville because I wanted a better me for the second 40<sup>th</sup> birthday party. A woman from my church invited me – thank GOD for TOPS and the wonderful people who are TOPS! My fellow TOPS friends have kept me moving forward past backslides, mountains, fatigue, discouragement; as well as sunshine days, rainy days, and those many in-between days when I wondered if it was a waste of my time.**

**I have lost-gained, gained-lost weight since joining, but last summer I was spurred on to losing big time by anger. Anger at feeling tired, having body aches and pains, not doing what I said was important and anger at not enjoying life!**

**I signed up for Jenny Craig again and got myself a counselor to deal with the emotions behind my emotional eating. I joined a gym within 5 minutes of my home (no excuses) and signed a contract to pre-pay for a year's worth of twice weekly half hour sessions with a trainer. I committed to a prayer time at church every Wednesday morning for 20 minutes as a diving board to become more connected to God. I read a book, the Beck Diet, by Judith Beck and did the exercises including calling my diet buddy every day to report on my completion of the exercises (my diet buddy was a KOPS member). I lost 50 lbs. It worked!!!**

**I still see my counselor every week. I am still eating Jenny Craig to lose. I still go to twice weekly training sessions at the gym. I still pray on Wednesday at my church. I still love TOPS and thank God to have the opportunity to work on my issues with food because I still love food!**

**My goal is to become a KOPS member this year and stay in TOPS my whole life encouraging my fellow TOPS friends to lose that weight! Thank you all for support over the years.....I couldn't have done it without you.**

**Laura Gunderman**