

DIVISION 2, 1ST PLACE

My journey started a bit different this last year.

In the years before I wanted to lose weight so I could fit in a pair of jeans, etc. My husband of 40 years loves me for me ----- but I did not love me enough to be healthy for him.

But, this year I decided to be healthy and love myself!

I woke up – lost 62.50 lbs. in 2009. I went 30 weeks without a gain. I made healthy choices, exercise daily, portion control and drank my water. With the 12 lb. loss in 2008, I have a total of 74.5 lbs. lost in TOPS.

I had my first gain on October 12, 2009. I was very upset with me. As I look back I see I have accomplished a healthy me ----- I am off the asthma meds. I can breathe, sleep and play much better now -- my grandchildren notice --- I see it in pictures, but it's still hard to believe.

I plan on reaching goal this year and graduating at Milwaukee IRD IN 2011. This is my dream to be in the circle of light with my fellow KOPS friends.

Thanks TOPS, cyber tops and many online support groups, my family and friends for your continued support as I follow the Yellow Brick Road to KOPSLAND!

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