

**January 10, 2014**

## ***Steve Thomas, Fitness Expert:***

In our first and second sessions, Mark and I established some achievable goals and put a clear plan in place. He's going to work out with me three times a week for the next month. We have measured and logged his current strength, cardio endurance, body fat, inches and weight. I believe Mark is going to do very well with this plan and see significant improvements within the next month.

## ***Jami Young, Nutrition Challenge Volunteer***

Wow. I am daily gaining awareness of what I am choosing to put into my body and how different foods make me feel! I am shocked to learn that certain foods can affect my moods. Let me tell you some foods that I love make me happy and some foods that I love make me grumpy, irritated and left feeling bloated. Meeting with Kellie Hill at the Right Plan has been an eye-opening experience already in such a short amount of time! We all know that we need to stay away from processed sugar, that caffeine is bad, eat less, add lean protein and exercise more. But do we really? I am learning that one diet does not fit all. Funny that I have tried a few others and failed. The weight did come off, but seemed to go right back on when the diet was over. Eating for me is changing my outlook on food and on life. I have only lost a few pounds, yet I feel a ton lighter.

## ***Mark Sanford, Fitness Challenge Volunteer***

I am feeling energized by the public character of this health challenge. I have worked solo on fitness in the past, but now, in facing the discipline necessary for dieting to lose weight, I am much more motivated than before. I believe this is because I am not just doing this to please myself, but others as well. And being witnessed by others enhances my sense of responsibility. This double whammy is working wonders so far. I have lost 3 pounds in four days by following a diet of virtually no starch, no cream in my coffee, no alcohol, drinking lots of water, avoiding second helpings and exercise (currently, an hour walk a day).

Tomorrow I have the first session with the trainer, Steve. I don't know what to expect other than I won't like it very much judging by past experience with upper body work outs. And I am fearful of injury to my shoulders. I hope Steve will start me out very slowly and things will go well.

I felt headachy when I awoke this morning. I assume this is because I am eating less, maybe not enough. My wife is noticing that I am more impatient with her and this is undoubtedly due to my being on the edge of hunger, maybe too close. She is not joining me in this venture, but I am alright with that. Maybe she will join me later.