

January 7 -

## ***Kellie Hill, Nutrition Expert:***

Jami is beginning a diet and lifestyle change that she will be able to maintain permanently without making multiple meals for her family or feeling deprived. There are two keys for success in this first week. First, focus in on one goal and be specific. Then, do a quick reality check. Have you tried this before? If so, what happened? What's different now? Are you willing to make lifestyle/diet changes now? Does this feel like the right time? Make sure you are able to match the level of commitment required to achieve your goal. If not, redefine your goal so you can succeed. Second, start a food log. Write down everything you eat for meals and snacks as well as any beverages you drink. Don't judge your food choices. At the end of each week, note two not-so-healthy foods and swap them out for more nutritious options.

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

My journey to a better me has begun. I was excited for this time in my life to arrive and now I am scared to death that it is here! People always say that change is good. Why am I not so convinced? I was asked by Kellie (nutritionist) to write down daily my food intake of everything that I eat or drink. Have you ever tried it? To be completely honest, it is so hard. I do not realize everything that goes into my mouth in a day! Coffee drinks! Yikes! I have not even gotten into calories or anything super diet-y yet! Life is a process and mine has started!

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

Realizing it is time to begin the challenge, I felt at first like a cloud had descended on me, but then maybe it's a blessing. To be doing this challenge in a public way immediately sends a signal to be serious. I would hate to disgrace myself by failing in my own eyes, and worse, in the eyes of others, even those unknown to me.

Got on the scale right away and found to my chagrin that I had gained over the holidays. No surprise there. Current weight 213 lbs. Yikes, so high! My goal for the next thirty days is to lose a pound a week. This means I want to weigh 209 lbs. or less in thirty days. I would love to exceed this goal. To do it means burning or losing 500 calories a day. I hope, no, I KNOW, this is possible. Plan: veggies, fruit, no or little bread and other starches, no alcohol plus portion control, as in NO SECONDS.