**Mary Gardner’s Testimony**

**From the Biggest Loser Challenge**

**I signed up for the Biggest Loser Challenge at the Carroll Wellness Center to get a jump-start on weight loss.  I was a very active person until I had some health issues 2 ½ years ago.   It took me two years to get over my health problems.   While having these problems, I was unable to be active and gained 40 + pounds.    With the extra weight, I didn’t feel like being active.   When I got the email from CWC about the challenge, I decided to give it a try.  This was exactly what I needed.  In the six-week period, I was able to lose 16 pounds.  Since then, I have lost additional weight for a total of 25 pounds.   I feel so much better both physically and mentally.    I also have more energy.**

**Working together as a team made a difference.  I did not want to be the team member that let my teammates down, so I pushed myself.    As a team, we worked together along with our trainer and kept each other motivated.   Teresa Roberts was our trainer and has helped me tremendously.  She has taught me a more efficient way to exercise.   Teresa also coached us on what to eat.  She was a motivator to our team.  I feel more fit now than ever.   My passion is cycling.  I am able to ride some hills that I used to have to get off the bike and push.    Teresa also taught us how to work out in the water.    The water workouts have been great, it is a hard workout, but you don’t realize how hard you are working.**

**My goals for the future are to continue to live an active life and continue to eat right.**

**I have a goal to do the Ramblin Rose triathlon in Winston Salem on August 17th.  This is an event for women only.  It requires swimming, cycling and running.   I feel strong about the cycling and running, however,  with additional training from Teresa, I feel confident I will be ready for the swimming portion.    I am also planning to do the New River Duathalon in August this year.**

**Competing in the Biggest Loser Challenge has helped me get back on track.  I would recommend this program to anyone looking to get more active.**

**Mary Gardner**