

Personally Fit Challenge



Back Row from Left: Bobbi Mendez, Martha Dugas, Raquel Zenon, Kellee Charles, Karen Miers, Amy Bolgiano, Deborah Perrodin *Front Row from Left:* Teri Trahan, Stacy Batiste, Donna Baudoin

Donna Baudoin

For the last 8 years of my life I have been fighting high triglycerides and cholesterol. I am tired all the time and I hurt because I am overweight. I have been overweight all my life, take 4 types of pills a day, have reflux, and in May of 2009 I found out that I have Type II Diabetes. In June of 2008 I quit smoking after 25 years. I'm trying really hard to change my life for the better. Since May, I lost 18 pounds by getting off of all whites and sugar.

Amy Bolgiano

I am a 45 year old mother, wife and nurse. I used to "learn" about people like me in nursing school – mid life, post-menopausal, who has taken care of everyone but me. I never thought I would be at this point. 7 years ago I weighed 140 pounds and now I weigh over 200 pounds. I have been diagnosed with hypothyroidism and had a hysterectomy summer of 2008. My metabolism has "shut down". The deal breaker is that my mom died at age 58. Cardiac disease is genetic for me. It's the one risk factor I can't do anything about! So I am ready to tackle the rest. I have already quit smoking on my own, but I can't seem to get the diet and exercise in check. It is hard with a family, but I know if I don't do something now, I will not live to see my future grandchildren. I AM READY TO MAKE A CHANGE!!

Kellee Charles

I have been overweight my entire life. I am now in my 30's and weigh over 250 pounds. I am afraid that if I don't get a handle on this soon, I will start to develop some serious problems. I come from a family of overweight diabetics. My dad died of kidney failure at the age of 61. My 7 year old doesn't even remember him. I have 2 girls now and for the last 3 years I have been putting off having another child because of my weight. I am afraid of being so heavy I won't be able to breathe. I have struggled for years going up and down, and I haven't been able to get below 250 pounds. I am trying to jump on any and every opportunity that comes along hoping that I can stay motivated, so I can reach my goals!

Raquel Zenon

I am a single mother of three. I've been overweight for the last 7 – 8 years and need to lower my cholesterol. I am now 38 years old and my metabolism isn't the same as it used be when I was younger. I need to lose weight and get healthy for my physical and spiritual being.

Personally Fit Challenge

Stacy Batiste

I am a 36 year old female who has been on a weight rollercoaster for the past 4 years. I have come to realize that I am an emotional eater. I remarried in November of 2007 and have gained 37 pounds. I am happy and therefore have managed to pack on a few extra pounds that seem to not want to come off. I know that I am at risk for high blood pressure as well as high cholesterol because my mother has both. I would really like to get the weight off and keep it off.

Martha Dugas

I feel that I'm about 50 pounds overweight. There are times that I am short of breath when walking long distances. I am uncomfortable, I would like to be able to go in the stores to buy clothing and not feel as though I am stuffed into the clothes. I am almost 40 and would like to get this extra weight off so that I can get off of the various medications I currently use. Many medical conditions run in my family including heart disease, diabetes, high blood pressure, high cholesterol, arthritis and I would like to avoid these same conditions in the future. I fear that my daughter will also fall into the same pattern. Most importantly, I want to feel good about myself. I want to be able to show the world the real me.

Bobbi Mendez

I had my fourth child last July and now see how my body has changed. My previous pear shape is now a giant apple and I know that my "apple body" is a great risk to my heart health. I have a strong family history of stroke and my grandmother died of CHF. My diet consists mostly of eating off my children's plates (whatever they don't eat) and I haven't lost any weight in 3 months despite eating less. With 4 young children and a husband to take care of in addition to my vast volunteer commitments, this "taking care of me first attitude" is definitely a challenge – the ultimate challenge.

Karen Miers

I have not always been this large; my normal weight after 4 children was always between 125lbs to 135lbs. Then in 1980, I ended up in the hospital with internal bleeding and discovered that I had cyst on my ovaries and both had ruptured leaving me in the hospital for weeks. Eight months later I ended up in the hospital again with the same problem which resulted in a hysterectomy. After the surgery, I put weight on and was told by several doctors that my body had been through a lot of trauma and that my metabolism needed to be shocked to start working properly again. So I tried diets, exercise and saw a dietician which helped me stay between 145lbs to 160lbs for several years. However, after my mother died of cancer in August of 2000 and my son died in an accident in April of 2001, the weight began and has continued to go up. I have tried several different weight loss programs including Weight Watchers and the Aspen Clinic with varying results. I am thrilled to be a part of this program, and believe it will help me get motivated and moving in the right direction, with proper guidance in both exercise and eating habits. I know I am getting older and need to take better care of myself to be here for my family and see all my grandchildren grow up.

Deborah Perrodin

I gained all this weight after I had a hysterectomy. I am a single mother of a 16 year old son and have two jobs. I am ready to make some changes in my life and would not be able to make them without the help of this program.

Teri Trahan

I am a 39 year old single mother of 3. I was always a small person until around the age of 34. I began to put on weight slowly and went from 125 pounds to 175 pounds over a 3 year period. I feel I am still too young to experience this and don't understand why this has happened as I am not an overeater. I feel tired, have limited energy, and find it hard to bend down and stand up. This is definitely not me. I want to be healthy.