

Desperate to FEEL GOOD about Myself!

My name is Angela Allen. I am 31 years old. I was very thin and fit when I was younger. At age 25, I was diagnosed with a genetic abnormality which resulted in early menopause. I went through a year of fertility treatment, and gained about 60lbs. After that I have struggled and struggled with my weight. I topped out at about 195. pounds. I spent most of my life under 120 so 195 was so horrible! I was ashamed of myself, extremely depressed and unhappy.

Finally, I did something about it. Up until January of this year I had went up and down on my weight. I got back to 132 but then gained almost all of it back. I went back down to 140lb...gained all of it back. Both of those times I wasn't really doing the right thing to lose weight. I was starving myself because I wanted so DESPERATELY to lose the weight and feel good about myself again.

Two seasons ago, I started watching "BIGGEST LOSER". I started to become a little motivated. Finally, in January I told myself I wasn't going to live at 190lbs anymore. I am only 5' 2" so that is a lot of weight on a tiny frame. In February I started doing a dance game on PlayStation called "DANCE DANCE REVOLUTION". I quickly dropped about 10lbs. In April a few people from work started a "BIGGEST LOSER" competition of our own. The grand prize was \$300. I stayed at about 15lbs weight loss until May.



I saw on the WOW website that state employees get a discount at [SNAP Fitness](#). I joined the beginning of May; actually May 5th—my 31st birthday. Since February I have lost a total of 52lbs!!!! I still have a ways to go but this is the first time in about hmmm 10 years that I can fit into a size EIGHT!

I am doing it the right way this time. I am eating right, exercising and I even QUIT SMOKING. All of this is thanks to BIGGEST LOSER and the discounts the state provided to start me on the way to my weight loss goal.

THANK YOU from the bottom of my heart.
Angela Allen, Michigan Department of Treasury