

*“I wanted to share that I really enjoyed the program. I started a dieting and exercising routine as of August of 2014. I lost a lot of weight until February 2015 (about 45 pounds), but I kind of got side tracked and that lead to a halt on my weight loss. Luckily I did not gained it back. The WSHG program motivated me to go back to a routine of exercising and dieting and I was able to lose another 15 more pounds in the process. I felt motivated to see my name on the roster of the top 20 participants and that pushed me to exercise more, in order to keep up with some of the other participants that were probably doing 4 hours of daily exercising. I used to walk just one hour, so during the program there were days where I was walking almost 2 hours. On top of that, I started biking and kept pushing myself to do better every week adding cardio and pushing my pace. When I weighted myself after two weeks of participation, I realized I was once again losing weight. I kept on it and by the end of the program I had 15 pounds less.*

*Great program and would like to see more.”*

*~ Joel, Shrewsbury West Suburban Witness the Fitness Team Member*