

# I'm Once, Twice, Three Times a Loser

By Amy Barton

I started my weight loss journey February, 2008, at 266 pounds in a woman's size 24, the biggest I've ever been. I decided it was time for a change because I was tired of being disgusted with myself and I couldn't understand how anyone could love me when I didn't love myself. I was so sick, I was hiding candy bars in my closet.

I started Vernonia's Biggest Loser with my mom (who is amazing and has lost over 100 pounds) and got down to business. With the support of Trish Maldonado and the VBL group, I have shed 80 pounds, 46 inches, and am now in a size 14. I am also celebrating my 3rd Biggest Loser win! I have been able to focus on healthy food choices which include protein, fruits and vegetables, drinking 96 ounces of water and working out daily. I actually crave exercise now, and have found an unbelievable workout with Teresa Williams' Total Body Conditioning. It has helped to firm things up and continues to challenge me.

My journey is not over, as I am a food-aholic, but I now know my limits and have all the right tools to succeed. I never want to feel disgusted with myself again! My focus now is to help those that are struggling and teach them the healthy way to make a change. There is no secret pill. Just eat right, drink water and exercise. Trust me, it does get easier to make the right choices! I encourage those of you who are in need of some extra support to check out Vernonia's Biggest Loser, it saved my life! And remember, nothing tastes as good as being thin feels!



Amy Barton was Vernonia's Biggest Loser for the third time. Here Amy shows off the her newer look

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