

I began my journey with the Weight loss Convoy in January 2013. I have now lost over 60 pounds and I am doing things I never thought I could. At the age of 52, and for the first time in my life, I began participating in recreational running events. In July I ran my first ever 10K and I recently (October) completed a Half-Marathon run. I also began hiking the Badger Mountain trails.

I had been trying on my own to lose the extra weight. For the preceding two plus years, I had been faithfully walking for 45 minutes per day at lunch time. Yet, I was not seeing weight loss results. Within the first week in the Convoy, I lost 5 pounds. The tools, techniques, and principles taught by Kelly Harnish and Veronica Whitish do achieve weight loss results when applied and they promote life-long lifestyle changes.

The journey has been enjoyable. You will develop a network of support from other Convoy participants as you meet each week. Kelly and Veronica do a good job of keeping the weekly meetings relevant and meaningful. Don't get me wrong, a lot of effort is required, but the effort will not be wasted when you leverage the Weight Loss Convoy resources.

So, if you are struggling on your own like I was, I highly recommend taking advantage of the Weight Loss Convoy.

Sincerely,

LaMont Schofield

