

Success Story: Pete Carlson
Weight Loss Convoy 2012

Since joining the Weight Loss Convoy, I have learned many new skills. I read food labels when I used to just eat what tasted good, which was usually bad. I learned about food and exercise logs. Food logs were good for getting me to eat consistently. Exercise logs make me realize how little exercise (in the form of caloric burn) I was actually getting. I learned that weight loss involves commitment, consistency and hard work, but in a group setting like Weight Loss Convoy it can actually be fun. I learned that there are no limits to what the human body can do except those that we impose upon ourselves.

I have not had the weight loss success that I had hoped for but I have developed a “no quit” attitude and plan to stay on course until my weight loss goals are met. The Convoy is an outstanding support mechanism for anyone who wants to lose weight. Kelly Harnish and Veronica Whitish are very professional and knowledgeable and will encourage you every step of the way. Remember, “A long journey starts with a single step.”