

In the three months at the YWCA, I lost a total of 25 pounds and 25 inches! This is a great program that helped kick start my life.

- Kolby Skadsen

I had gotten to a point in my life where I wasn't happy with myself. The biggest loser program helped motivate me to want to live a healthier life and lose weight. I have always suffered from high blood pressure, even at a young age and since losing this weight my blood pressure has lowered. Losing weight and eating healthier are important in feeling great. I learned how to exercise and love it! It has been two months since the end of the competition and I am continuing to work out and lose weight. My total weight loss in 5 months is about 35-40 pounds! It's a great feeling to lose weight the correct way and know there are others around you at the YWCA that support you and are there to help you live a healthier, happier life. I am overwhelmed with how much better I feel. I am grateful for the YWCA and the Biggest Loser Program. The Biggest Loser Program and the YWCA changed my life! Thank you all so much!



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