

Dear Readers,

My name is Michael P. Kelliher and I am a 7th grade special education teacher. I took our staff picture and noticed my weight issue with the picture. I decided I needed to make a big change in my life. Then they started the wellness program, and I decided to give it a try. Since the inception of the program I have lost a total of 40lbs. I have also dropped my body fat percent from a very unhealthy 26.8% to a lean athletic 17.7%. I began the program at 226lbs. Working with a training at my gym but also working with Andrea Curless and the Wellness program. She was able to show me what to eat and how often and to how to workout correctly. Since losing the 40lbs I am down to 186. I have lost 4 inches in my waist and gone from a tight fitting XL shirt size down to a sleek medium. I have had to buy new clothes and made several changes to my body. I'm now prouder then ever of my success and my mother and other co-worker have decided to follow in the same foot steps. Also the year books have been published and now even the students have noticed the huge change in my face and body structure. I now play soccer and have little issues with my asthma and I also have more stamina and power thanks to the combined help of both my trainer and Andrea. So I would like to thank the wellness program and most of all Andrea.

Michael P. Kelliher

