

1. What frustrates you the most about health and fitness? The older I get, the harder it is to see results. Also, I don't particularly care for fruit, so I find it difficult finding substitutes for healthy food that I do like. I love vegetables, fish and meat, but fruit is just not my thing. Also, at 50, I feel awkward "working out" with the younger folks so I tend to do my own thing such as walking, roller skating, cross country skiing to try and keep in shape. But as mentioned before, the pounds seem to go on easier and come off harder at my age.

2. Describe your typical week (sleep, work, meals, activities, etc.): Monday through Friday: Rise at 6ish. Get 3 boys up and ready for school. Coffee only. Work at Canandaigua Police Department 8 a.m. to 4 p.m. Errands after work, home around 4:30-5:00. To the barn to feed the horses and do chores. Back in the house to make dinner. Take boys to sports or other activities in the evening. Household chores. Bed around 11. Weekends: Rise around 7-8 a.m. Cook breakfast for everyone. Laundry, housework, etc. Out at noon to take boys to activities and do weekly shopping. Home to cook dinner, cleanup, laundry, housework etc. Sunday more of the same. Try to fit in a fun exercise activity with the family on weekends such as skiing or skating.

3. Explain how you will make time available to make this program a success: I will enlist the help of my family and make this a priority for ME. I get out of work at 4 every day so would be available every evening, as well as on weekends, to put this effort into myself and my health and well-being. I do have a supportive husband so he could maybe pick up some of my chores/taxiing of the kids during this initial 8 weeks of intense makeover!

4. Why should you be selected as Canandaigua's Extreme Makeover? Well, I would like to show other women (and men) that it is never too late to get started. I'd like to adopt and promote the motto *Fit At 50 – You Can Do It Too!* I think what I have been lacking to be successful is someone (a personal trainer like yourself) to guide me through the process, to be my motivator, my instructor, my challenger, my advisor, and my teacher, and really get me on the right path. It depresses me to look in the mirror and see how much weight I have gained and not have the knowledge or tools to change it. I used to be a petite little thing, and now the thought of putting on a swimming suit in public terrifies me. I would love to be able to lose 20-30 pounds and feel good about myself once again. I would love to see something like this in Canandaigua. So often you see these types of shows on tv or in the big cities, but this would be a great thing to make public for our community. I don't think very many people are aware that "personal trainers" exist right here in Canandaigua to help people like me. I think I have the potential of being a great Before/After model!

5. If you are selected, what are your goals? My goal is to lose weight, get into a fitness program that will become a habit and improve my overall health and personal appearance. I desperately need a cosmetic makeover too. I have become stuck in a rut as far as my hair and makeup and could really use a boost in that area. Can you say "stuck in the 80's"?

6. What will you feel like after the 8 weeks? I am hoping to feel like a new woman. I want to have more energy to keep up with the demands of family and career, and not feel tired all the time. I want to feel more confident about my personal appearance and adapt to a lifestyle that includes healthy eating and exercise.