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**Agency: Corrections**

In Jan. 2012, I had minor foot surgery. The recovery for this type of surgery should have been approximately 4-6 weeks. However, because of my weight and fitness level at the time, my recovery actually lasted 14 weeks. Due to this and many other life challenging situations, I made a commitment to reduce my weight and change my fitness habits. I needed to find a program that appeared to be sustainable for a lifetime. While recovering from the foot surgery, I researched various possible options to lose weight. My goal was to make changes that can be maintained a lifetime and not merely a phase that many people go through.

In April 2012, after my foot surgery recovery and after much research and thought, I elected to make “running” and “eating healthier” my new lifestyle. I decided to stick with a plan that would allow my basal metabolic rate to be 1000 calories deficient per day totaling a possible and healthy weight loss of roughly 2 pounds a week. This was most certainly very hard at first! I struggled walking two miles let alone trying to mix in jogging. I monitored my calorie intake and evaluated it against my energy output. The best part about monitoring and documenting everything I am doing in terms of intake/outtake with a goal of reducing 1000 calories per day is that the more I exercised and stayed active - the more I could eat - just as long as the calorie deficit was 1000 calories each day.

Since April 2012, I have logged 845 miles of running, (all miles since August have been running 100% with no need to walk anymore), lost 100 pounds, lowered my cholesterol 37.5%, lowered my blood pressure by 35%, and lowered my BMI by 27%. When I started this new life style path, I never imagined that I would have logged nearly dozen double digits runs including most recently a 16 miler. My energy level has completed 180 degree turn.

I still have a great amount of hard work left, to include and not limited to, the loss of 60 more pounds, run 1200 miles in 2013, compete in two full marathons in 2013 and climb a 14er. This is my commitment, my challenge and my health goals for 2013. I hope to avoid all possible derailments and while continuing to maintain and develop a healthy lifestyle.

