

Biggest Loser Contest

Interview between Montii and Beyonce Swift:

Montii: What motivated you to sign up for the Biggest Loser?

Beyonce Swift: I wanted to get in shape and I love competing. This was another opportunity for team building with my coworkers.

Montii: How did you choose your pseudonym?

Beyonce Swift: My two daughters favorite singers.

Montii: What did you learn about yourself during the journey?

Beyonce Swift: When I stay focused, I can accomplish anything.

Montii: Did you ever think about quitting?

Beyonce Swift: No, I didn't.

Montii: What did you eat during the challenge and are you still eating this way?

Beyonce Swift: I ate a lot of rich protein no carb, foods like steak, seafood, eggs and cheese.

Montii: How much did you lose?

Beyonce Swift: I lost 40 pounds.

Montii: What advice would you give your coworkers who participated?

Beyonce Swift: Keep the journey going and just stay consistent without watching the scale daily.

Montii: How do you feel after weight loss?

Beyonce Swift: I have more energy.

Montii: What are you going to do with the winnings?

Beyonce Swift: Probably get lunch for the staff.

Montii: What were the benefits of weight loss?

Beyonce Swift: Felt better, stopped several meds that I was taking, clothes fit better. Slept better at night and the knee pain went away. Energy increased.

Montii: Have you finished losing the weight that you want?

Beyonce Swift: No, if I can lose a little more, I may get back in the ring.

Montii: Anything else you want to add?

Beyonce Swift: It really helped to have a plan beforehand to guide me through. And drink a lot of water that should be your best friend.