

# EVERYTHING

## you could ever know about...

### Being The Central Valley's Greatest Loser

INTERVIEW BY SHEENA MORRIS

After years of struggling with her post-pregnancy weight, Karyn Leyva decided to shed some excess pounds by taking part in the local challenge, **The Central Valley's Greatest Loser**. After several weeks of rigorous training she was named the biggest loser and has the body to prove it!

*What inspired you to get involved with the competition?*

I saw the flyer at work and several of my friends were going to join and asked me to sign up with them. It was a 12-week program beginning March 14 to June 6. I knew I could diet and exercise for the 12 weeks and any weight I lost would be beneficial for the beginning of summer.

*What was your experience vying to be the "greatest loser"?*

My daughter joined after the first day of the contest, giving me "buddy" support along with all other friends that I met at our daily workouts and weekend competitions. I stayed focused on my goal of continual weight loss, following my diet and attending the exercise sessions. I experienced weekly weight loss and endurance. I supported the contest sponsors by attending several Zumba fitness dance classes at Studio 65 and bought several chicken dinners from Dinner My Way.

*Describe a typical day for you during the challenge.*

I would work eight hours and then arrive at my exercise session about 30 minutes prior to the session, allowing me time to walk the track one to two miles. At the beginning I worked out on Mondays and Wednesdays from 6:30

to 7:30pm and attended Zumba on Tuesdays. During the last five weeks of the contest, I attended the exercise sessions four times a week, Monday through Thursday.

*How much weight did you lose?*

During the contest... I lost 27 pounds and 14% of my body weight. My BMI [body mass index] was initially 40 and it is currently 28.6. Since the contest, I have lost an additional seven pounds.

*What advice would you give someone who is motivated to make a change like you did?*

Get on a good diet plan, exercise regularly, [and] stay focused and committed to achieve your goal. It takes motivation and patience. Weight loss is a slow process, and it will take time to achieve results.

*How has winning the challenge impacted you?*

It has motivated me to continue to achieve my desired goal weight. I have continued to train four times per week with our trainer, Ryan Murakoshi, (BS Exercise Science, Crossfit Certified, Crossfit Nutrition), along with many of the same friends that I established during the contest. Even after the contest we are still striving to reach our individual goals with each others' support and the supervision of our trainer, Ryan. **fm**

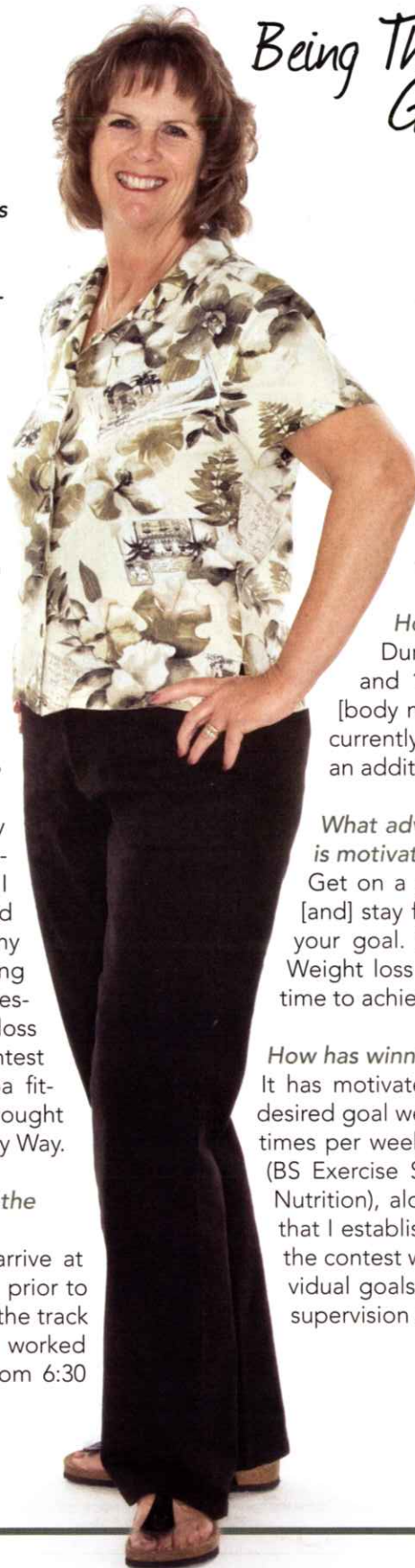


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