

Mellew Weight Challenge.

This is the Mellew Weight Challenge. The Mel in Mellew is Melony George. The Lew in Mellew is Lewis George. This past year both of us have faced possible medical challenges and know that having the proper weight on our bodies is very much a part of the solution. We feel that going public with our struggles will create a community of like-minded individuals and not only will we feel a stronger need to persist in losing weight in 2012, but perhaps others can be helped also.

Our story is probably much like many others. We don't really have eating problems. We control our portions. We try to minimize fats and sugars. We try to live active moving lives. We are people who at best may add 2-3 pounds a year. Our story is that we both have about 10 years of adding that 2-3 pounds with no years no extra weight or losing that weight. So now we are overweight and need to lose it.

We have decided that we will not go on any diet plan. (If diet plans try to post links on this site they will be immediately removed) We believe that most plans have results but often they are temporary and do not provide lifelong habits. We will attempt to actually pay attention to our lives. What do we put in our mouths? How many calories do we consume? How many calories do we burn? Our goal is on a daily, weekly and monthly basis to burn more calories than we consume. We want to change the way we live on a daily basis one calorie at a time.

This sounds good on paper but in real life we know it will not be easy. This is where the challenge comes in. Join with us in 2012 as we use this facebook page to detail our daily successes and failures. Look for us on Twitter. We need your help. Maybe we can help you.

This challenge is not just for people who want to lose weight but also for those that want to maintain their current weight.