

I'm Fat

I am the chief editor of Organic Lifestyle Magazine. And I'm fat. I am not fat like I used to be. At my peak I weighed 368 pounds with a 56 inch waist. I was a big boy back in the day. I was 17 when I started losing weight. I didn't do it right, but I had great motivation. I wanted to get laid. Julie was my motivation. She was gorgeous, and way, way out of my league, and I knew I would have to get in shape to have her.



The first time I saw Julie I was the fattest I had ever been. Then I started exercising like crazy and I followed the food pyramid diet. I felt like crap half the time but teenage hormones and the desire to lose

my virginity were my fuel.

How I Lost the Weight

I was weightlifting five days a week, I played basketball for ninety minutes a day and ran 6 miles a week once a week. Can you imagine a guy as out of shape as I was playing basketball for ninety minutes without sitting out a game? Like I said, I was motivated.

When I was around twenty-four I ballooned back up to 280 pounds. I was with a woman who was a bit of a chubby chaser who loved to eat and never seemed to gain a pound herself. I fed her and fed myself. We ate. I got fat. She didn't mind at all. I didn't even notice.

How I Lost the Weight the Second

Time

I lost that weight when I was incarcerated for 18 months for a crime I did not commit. I came out at 210 pounds. In jail we were not allowed to run but I had a workout group that went up and down the stairs repeatedly, did bodyweight exercises, and we made water weights out of trash bags and weightlifted. In prison I ran, played basketball, and used 110 pound floor buffers tied together to make 220 pound free weights for squats and bench.

I am six feet three inches. Right now I weigh 220 pounds. I am stronger than the average person, I can do around 15 chinups, 45 pushups, and I squat 255 and deadlift 345. I can run a few miles and I can ride a bicycle at least 100 miles on level ground.

I'm in decent shape, but nowhere near where I want to be. I want to be the kind of fit that you would expect a health nut to be in. I want a six pack. I want to squat 400 pounds. I want to be able to do more than 100 pushups and more than 50 pullups. I want to be able to complete a hot power yoga class. I want to be able to realistically consider doing a triathlon.

But I'm fat. If I weighed 180 pounds I would have no fat. That means I have 40 pounds of blubber.

Loose Skin

Plus, since I used to be so overweight I have loose skin. Actually, I don't have loose skin. I have lots of empty fat cells. I have loose fat.

It is a common misconception that people that lost some weight have loose skin. You may, but if you eat right and you are healthy your skin should tighten up. The problem is that when fat is burned it's not burned like layers being stripped away. It can be kind of random. Imagine a honeycomb, with each cell

being filled with fat. A cell here, and a cell there gets burned as you exercise.

Six Pack

The way you get the six pack, the rock hard abs, the tight skin, is to get your body fat very low, like under 7%. Then, if you want to be a little fluffier, a little softer, you can add more fat, and it is added in tight layers as opposed to the flabby jelly I have now.

So here it is. My “before” picture, which is current as of this post, 10/27/2011, here below.

I’m embarrassed. I’ll probably get a bunch of comments that say, “Hey man, don’t be embarrassed...” and I’ll get a few that say, “You should be embarrassed...” But I’m embarrassed. I’ve let this go too long. I want my rock hard abs. I want to be lean. I want to be stronger. I want to be in shape. I want to take off my shirt and impress people.

So I’m putting it out there. I will get in shape. The holidays are going to be tough. I do love to eat! On the next update. I will also tell you all what I am doing and how I am doing it.

My Goals

- Bench 300 pounds
- Squat 400 pounds
- Deadlift 500 pounds
- 50 pullups
- 100 pushups
- 34 inch waist
- 6% body fat
- Visible six pack

I will achieve my goals with weightlifting and High Intensity Interval Training and cardio. I will also add bicycles and

yoga when I get closer to my goals.

If you are looking to get in better physical condition, leave your goals and plan of action as a comment below!