

## Weight: How I gained it.

When I went to Iraq to work as a contractor for the govt., our group worked in the palaces of Sadaam Hussein getting power restored to them for use by the military and government groups. Our meals were covered by the contracts so they were “free” for us, all you could eat if you wished. “Gooood” food, lots of it, free;(Breakfast: Lottttts of Bacon, Big Pork Chops, Ham, Eggs any style, cereals, lots of milk). On Tuesdays at dinnertime, the choices for the main courses: T-Bone steak, Prime Rib, Salmon, Whitefish, Cod, Lobster Tail, King Crab Legs, plus Mongolian, Indian, Thai, Korean), with all the side dishes, fixings of salads of all kinds, breads of all types, appetizers, fruits, melons, drinks, juices, plus 31 flavors of Baskin/Robbins ice cream. Other days it was just regular T-Bone Steaks, Salmon, Whitefish and not the fancy seafood stuff. What else could a glutton want!

Then with little to no exercise, a hearty appetite, no thought about consequences, I thought I looked better with a “little” weight on. I couldn’t see it in the mirror, but I sure saw it in pictures of me. Strange! I couldn’t see my feet either, standing straight and looking down.

When my favorite belt was too tight in the last holes, somethings not right, I wondered what it was? I needed to get larger pants and a new belt so I could feel more “relaxed.”

Since part of my job was climbing up through the ceilings and structures of Sadaam Hussein’s palaces, the tight crawl spaces were getting tighter and tighter. **Finally**, in one of the palaces huge mirrors, I got a real good look at myself, and WHAT is THIS! Butterball BOB! So I went over to the nearby gym and weighed myself.....Two Hundred and EIGHTY NINE Pounds! OH MY!

Now is the time to do something about that. I had been meaning to go to the gym and get buffed like some of the guys, so now is my reason/excuse/alibi for doing it.

## Weight Loss: How I lost it.

I figured I could go on the “all meat diet” (Love the Meat) and get buffed at the same time. Why not?! But I was going to do it **the lazy man’s way**. I knew from my previous get in shape regimes I would overdo it and be sore for days afterward. Couldn’t be sore and do the work we did, sooo I started in the gym that had a machine for each muscle group and started with the lowest weights and only did five reps on each machine. That’s it for that day. Next day, lowest weights, ten reps, that’s it. Next day, lowest weights, fifteen reps, that’s it. Next day, lowest weights, twenty reps, that’s it. Then by this time I was getting past any soreness so I upped the weight by five pounds and stayed the twenty reps. Next week, + five lbs. 20 reps, and so on adding five pounds, until before long, I was maxing out the machines in a full workout. The only free weights was in the barbells, and 50# each was enough for me at 20 reps.

Along with working out, I started going on (MY Atkins) no carbohydrate diet (as much as possible). No breads of any type, biscuits, buns, rolls, pastas, sugars of any kind, no ice cream, (WAAAH,Waaah!), no cookies or YUM Glazed doughnuts, no sodas or especially High Fructose Corn Syrup sweetened anything like jams, preserves, .

## From 289 lbs. to 208 lbs. in 10 months.

That’s only an average of 8 lbs. per month, which I’ve heard is a safe rate of weight loss.