

Fitness Inspired Success Story

Before/After Pictures



Start weight: 285 lb

Present weight: 220 lb

Ed's Story: My lifestyle that led to me being overweight was a sedentary one. I sat around and played video games or watched TV. I didn't move much, preferred to simply stay inside and play games or watch movies. I started to notice that my kids were starting to do the same things that I was; learning from my example.

I drank pop and beer and ate large amounts of food. It was nothing for me to eat two cheeseburgers, double servings of fries and chase those down with a couple of pints. I knew that I was overweight and I knew that my diet and lack of activity was causing it. I just didn't have the motivation to finally do something about it permanently.

Motivation: I started this journey when I saw pictures of myself at a wedding. I was in a tux standing next to my best friend. I saw what I looked like dancing with my daughter and was utter appalled at what I saw. I couldn't believe how far I had gone. I used to be an athletic guy and I had completely lost that. My motivation came from seeing what I was teaching my kids. I knew that if I didn't make a change then they were going to learn from my example and have to fight this same battle. Not being able to play with them, or having a hard time getting onto the floor. I could hardly bend over to tie my own shoes without being winded because my belly was too large. I had made up my mind that this has to stop.

The Plan: My fitness schedule started out with simply riding a bike for a mile. That was it. Simply get on a bike and ride with my kids for one mile around the Mt. Pleasant High School. It may sound simple, but it was not. Soon we were going on longer rides. We rode to the library, down to the park, through the park trails. That turned into commuting three days a week by bicycle to work. I started to work out at Nimkee Fitness doing resistance training 2 days a week and was swimming at the SAC 3 days. I also started the running class to work up to my goal to run my first ever 5k. A goal which I completed at

the Human Race in 2010 finishing the race without a single walk break! Quite a feat for someone that wasn't able to jog for more than a full minute at the start.

I have since joined Seung-Ni Fit Club. I do 5:30AM kickboxing and Body Sculpt classes Monday through Friday and Plyometrics on Sunday. There are times when I will work out twice a day for cardio classes as I am training to hit personal goals.

As far as eating habits I logged everything that I ate into Livestrong.com. I have learned to eat balanced meals and stay a long way away from fad diets. I started to swap carbs, going away from anything white. Mixed veggies instead of mashed potatoes, nothing deep fried, changed to Olive Oil instead of any other oil, and even then only in small doses. Lean meats and food as close the source as possible. At every meal I eat two servings of vegetables (about the size of both fists) and a 4oz portion of lean meat, with one serving of fruit. It's easier than you think and much cheaper to eat this way than you realize.

Goals: This year I have several goals. First, is to complete a 10k. I would like to work up to a half marathon by the end of the year, but we will see how the 10k goes first. Second, I will be competing in a Mini-Sprint Triathlon in August. However, the biggest goal that I have for this year is the Iron Horse Ride to Defeat ALS. This is a century (100 mile) bicycle ride event in which all the money raised goes to ALS (Lou Gehrig's Disease).

Advice: The advice that I have for anyone that is trying to get healthier is to start right now, don't wait until Monday. Don't make it a resolution and stop making excuses for yourself. Make a change in your life. Track everything that you put in your mouth. From food to whatever you drink. We take in a huge amount of our calories in the stuff that we drink and don't even realize it.

The most important thing that you can do is to believe in yourself. Believe that you can change your life.