Sorry This took so long man. Between working double shifts, trying to view and search out apartments, my phone being shut-off twice for reasons unknown and trying to have some semblance of a personal life combined with not having a computer I just couldn't get this to you quick enough. I have missed like 4 workouts lately too because I'm just so exhausted at the end of the day. But, I am eating well still, i promise. I am probably not losing or gaining anything though, as most of my activity has been walking from neighborhood to neighborhood looking apartments.

I started this journey at 280lbs in January of 2010. While always a big man, I used to be athletic and mobile and was once an accomplished athlete in high school. I slowly lost a lot of that athleticism over the years and it gave way to flabbiness, aches, and joint problems. I tried any quick fix that was offered. Diets, Diets, Diets. Finally, after some thought and a lot of personal issues, I just started walking one day.

I walked to a further bus stop than usual. Then I walked to a further one. I would walk to friends’ houses. I would walk to Safeway instead of taking the bus. Eventually, I found myself getting off at Galer Street and walking all through Queen Anne using the hills and stairs as much as possible on my way to work in Belltown. Eventually I was taking the 9 mile walk two days a week from my job in Belltown to my house on 102nd and Aurora. Combine that with the addition of whole grain breads, vegetarian diet, and the subtraction of large portions, soda, fatty foods and I started to notice a difference in myself very rapidly. I didn’t weigh myself at all. I just kept sticking with the diet and walking day in and day out. I felt re-energized. When I finally weighed myself in March, I weighed 240 lbs. People at work noticed and my friends all noticed a huge change and I liked it. I didn’t want to get complacent. I didn’t want to plateau and get frustrated and quit.

That’s when I decided to walk into 24 Hour Fitness one April day. All I wanted was a membership. I had memberships before. Six or seven of them at various gyms throughout California. Six or seven of them that had me attending vigorously for 3 weeks and then had me paying on a contract without even showing up after the initial drive/motivation wore off. I soon realized that I may have been dropping weight, but I was also dropping muscle and needed to build and tone muscle if I truly wanted to be healthy. So when I signed up I was offered a training package. I bought it and thought I’d see if it would help. I was assigned to Will George whom I was told was an athlete and would be a good match. I weighed in at 235lbs and 31% Body Fat. It started out with 3 sessions, then 5, then 5 more. To say the least, I was so happy I walked in that day and took the offer. I now stand at 216lbs (last weigh-in) and have lost approximately 20lbs in body fat in roughly 1 month time (Mid-April to Mid-May). I have put on lean mass and have noticed a great difference in my confidence, focus, motivation, and energy levels. Will has set me on a path. A path I can follow and trust will get me results long term. I am a work in progress, but thanks to the help of Will I am on my way. Now if I could only consistently log my food! I love Turkish Get-Ups!