"My name is Rick and I'm an Overeater"

My story is like many obese people we see every day of our lives at the mall, at school, or work, etc. I've always thought that obesity would never happen to me.   Little did I know, its become almost impossible not to become overweight   sometime during your life.   So many of us have false information concerning eating and nutrition.   The media bomb-bards us with food ads, even grocery stores and food markets, stock and advertise mostly foods that are going to make us fat.   Its become difficult for anyone to weed through the lies and find the truth.   It would surprise most people to know (6oz of coffee, 1/2   slice of toast and 1/2 apple) is a correct breakfast.   Not the MVP platter (3 eggs, 3 bacon, hash browns, biscuit & gravy, waffle and 12oz coffee)   at the local restaurant.   This is exactly how over the years,   when your body changes and ages that you no longer burn those extra calories you intake,   this leads to obeseity.   These weight gains often come with changes in your life (family, work, etc).   We just don't think to change our eating   habits to adjust to those changes and it often results in weight gain.   This is the most important information I can give you: *Get accurate educational information about "what to eat" but even more importantly "how much to eat".*

I can't take back mine or your over indulgence with food over our lifetimes.   The years of false information, supersized meals, fried foods, or 32oz light beers have already done the damage.   Rather, I can tell you about some of the   pain, suffering, and struggling you will experience removing   body fat.   This is not pretty, its a fight for life.   As a matter of fact it is the hardest thing I've ever done in my life, as many other people have also testified.   I retired from the military at age 46 after 20 years of service. I was well conditioned with less than 14% body fat.   But I had injuries that effected my ability to maintain that physically fitness level.   The change is lifestyle didn't effect my eating habits and I began slowly gaining weight.   So, like so many other people, I went on diets.   These diets were great for a few months but all eventually became what is called "Yo-Yo" dieting.   I'd lose 20 lbs then and over six months gain back 30 lbs. By the time is was 56 years old (ten years later) after retiring,   I weighed 327 pounds and obese.   I suffered high-blood pressure, high colestral, apnea,   and walked with that fatboy limp.   All health problems as a direct result of obesity.   Whats sad, I was eating healthy foods but just eating to much food.

So, I finally hit my rock bottom.   I couldn't enjoy life,   or anything else, especially sports.   Then like most of these stories, the journey started from that rock bottom.   Well, its nothing short of amazing, how the human body can heal itself and recover with proper diet and exercise .   I would tell you its simple, but its not. Its a long complicated journey.   It's full of pain, suffering, and agony.   Today I eat about anything I want, but "eat to live" not "live to eat".   I have a daily physical fitness regimine that has increased in length and intensity over time that regained my life.   Today almost two years after my rock bottom, I'm a very healthy 58 year old.   I've even competed in Triathlons.   I'm not telling you this fight is over.   it will never end.   I'm saying its easier with a trainer in your corner.   Thats why I'd recommend Tamara Barnett, a qualified nutritionist and personal trainer to anyone starting a weight loss and/or physical fitness program. Ms Barnett has been in my corner through some very tough times and proved herself an excellent source of knowledge.   Good Luck on your journey.