

Healthy Soaring

All I can do is to second Dr. Johnson's motions, (Soaring Rx, September 2012) from my own personal experience: Two-and-a-half years ago I was at 225 pounds, waist size 42 and rising. Then I felt that something had to happen. So I started to work out (three to four hours a week in two to four installments), and changed diet. I won't go into details, but basically, it is three meals a day, straight, and period! And I keep the glycemic index low. The trick with workouts is to find something that's convenient, independent of the seasons and the weather and that does not offer any excuses for skipping. In my case, it is a gym on the way home from work, and my long disused bicycle in the basement.

After a year, I was down to 175 pounds and 34 inches, by now scratching 170 lbs and 33 inches, and holding. My GP is happy, my ME is happy, I am happy.

I didn't even have any cravings, ever. Before, no chocolate got past me unharmed. Now I can watch anybody consume it. No sweat. I even had to look up the proper spelling of "chocolate." Still no cravings.

My only gripe? If I had known it was that easy, I would have started 20 years ago.

By the way, I gratified myself with a Standard-Libelle. It is not even a tight fit, in spite of 8 ft. 1 in.

—Stefan Jaudas