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BROOKLYN_BORN

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Suddenly 20 lbs heavier

Friday, September 21, 2012

No, I didn't eat 70,000 extra calories. I decided to get serious about strength training. The set of weights I got for Christmas 10 years ago were gathering dust in the basement. Maybe I would be more likely to use them if I put them by the TV, right in my line of sight.

So I picked up two 10 lb dumbbells and started walking upstairs. Whew, at the top I was actually out of breath. So this is what it was like carrying the extra weight? And I was carrying more than 20 lbs way back then.

I don't EVER want to go back there. My heart and lungs don't want to go back there either. If I have to weigh my food forever, it's a small price to pay for the new me.

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MJZHERE

Alright, this is like the parallel world in Fringe. Had hubby get weights out, right out where I would see, trip over them, right before I got hurt. I did have him move them out of the way till I can start using them - love your idea of carrying them up the stairs. The other day I was telling DH that I don't "see" that much difference from the 28 lb weight loss, and he told me how he was carrying 20 lbs up the stairs and how he realized what a great deal of weight to carry around that was!
3188 days ago



CELIAMINER

Ha, ha, you had me going with your title. I wondered if you were having a med reaction or something dire, so it was great to see nothing was wrong. I recall going into my weight loss initially hoping to lose a bag of rock salt (40 pounds). I'm now closing in on 2 bags of rock salt, and when I struggle to haul those bags down to the basement, I cannot believe I used to carry that weight around ALL the time.
3188 days ago



MISCHAKEO

I put my dumb bells by my TV also. That is a great reminder when you are working out. I do not want to go back to the fat girl again either. It is worth all of the work of weighing and tracking.



Great job on staying focused and healthy.
3188 days ago





MAHGRET



3188 days ago

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