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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

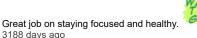
Ha, ha, you had me going with your title. I wondered if you were having a med reaction or something dire, so it was great to see nothing was wrong. I recall going into my weight loss initially hoping to lose a bag of rock salt (40 pounds). I'm now closing in on 2 bags of rock salt, and when I struggle 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.







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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.