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Thread: [Wanted to share with someone.](#)

Laughing Man - September 7, 2022, 5:56 pm

In the last 14 months, I have lost over 85Lbs or 38.58 Kilos.

I was once 285 lbs. due to medical issue, or 129 Kilos or 20.36 Stone.

I use to be 170 for the longest time, in 2015 I was diagnosed with a medical concern that required a special treatment, this obviously had negative side effects of massive weight gain, as it destroys your metabolism.

Thankfully in 2020 I no longer needed the medication but it takes time for your metabolism to reset itself starting in 2021 I began my weight loss journey, It took a lot of time and several ups and downs. I wanted to wait to announce this but as of a week ago.

I now weigh 198Lbs for the first time in almost 8 years I am under 200Lbs.

I am super excited but I am not yet done with my Journey, My end goal is 185Lbs.

I'm hoping with some serious discipline I can get to 190-185 so 9-14 lbs. down in the next 2 weeks before I go on my vacation.

It's hard work, I drink on average 120 FL Oz's of water and I maintain a calorie deficiency of around 1,500 calories per day and I walk on average around 9-13 miles per day, with 4 miles being in the sun mid day at 108 degree's to increase stressors and force calorie burning. I also fast for a longer period, I eat my first meal at 9am and my last meal by 6pm. Meaning I am fasting for 15 hours, giving my body the maximum rest cycle as being deprived of calories during these 15 hours means if my body runs out of fuel, it will force fat burning to maintain energy. I also consume 300 grams of Caffeine per day, I do drink sugar free energy drinks, and sometimes because sugar cravings can be high. I'll drink a 12oz Flavored Red Bull which is 110 calories, 32 grams of sugar and 110 grams of Caffeine. I also start my day Kodiak pancake/waffle mix each waffle and 2 pancakes are 16 Grams of protein, 220 calories and I use real maple syrup. so grand total for breakfast 300 calories.

I know this to many people is unimportant, you may not care and you may not need this information.

However I wanted to share my victories thus far, and provide information for others who may need help or may want to lose a bit of weight here and there.

I do smoke Marijuana to sleep, I am an insomniac. I used to use it habitually so it is very important I smoke about an hour before bed and abstain from eating or munching during this period of time.

Yin Yang - September 7, 2022, 6:50 pm

That's great improvement my dude. Keep it up!

I also need to find the motivation to start working out again. I used to hike a lot and be active up until this past year ha.

blackrose_x0x0 - September 7, 2022, 7:09 pm

First off, congratulations! That is a massive achievement losing almost 100lbs in a little over a year. It takes serious discipline to consistently be in a caloric deficit.

Seems you've implemented some awesome habits into your life that will help you KEEP that weight off for good. I'm sure you can reach your goal of losing a bit more before your vacation. It won't be easy losing 10lbs in a couple of weeks but it's doable.

Anyway, I love hearing things like this when people take massive action to better their lives. Keep it up!

1337GAMER - September 7, 2022, 7:23 pm

Congrats on your achievements so far OP! Keep it up! ?

?nxy - September 7, 2022, 8:35 pm

I am also on a medication which increases your weight.

Sucks man.

VGO - September 7, 2022, 8:43 pm

Congrats Bro, keep it up <3 I wish you will achieve your goals... all of them & always <3
Neva surrender work harder then enjoy the taste of the good results

Pathy32 - September 7, 2022, 8:44 pm

Great to hear about your progress man. I've lost around 65lbs myself this year. I put on a lot of weight last year due to depression but I turned it around and have had a hell of a year so far.

Laughing Man - September 7, 2022, 9:56 pm

(Sep 7, 2022 06:50 PM)Yin Yang Wrote: [\[CITE\]](#) That's great improvement my dude. Keep it up!

I also need to find the motivation to start working out again. I used to hike a lot and be active up until this past year ha.

Thanks man, Here is your motivation to get back to it. Everything happens a piece at a time, small steps towards bigger achievements. My weight loss was a step at a time and having yo-yoing as I was learning the discipline I needed.

(Sep 7, 2022 06:54 PM)phantomman55 Wrote: [\[CITE\]](#) Congrats homie!!! keep on the right path. As long you're losing weight and consuming responsibly. You will keep on losing the weight and will be a lot healthier in the long run.

That's it's hard work and I'm loving the results.

My goal is to be healthy and remain healthy.

I'm only 33 and got a long life left to live.

(Sep 7, 2022 07:09 PM)blackrosex0x0 Wrote: [\[CITE\]](#) First off, congratulations! That is a massive achievement losing almost 100lbs in a little over a year. It takes serious discipline to consistently be in a caloric deficit.

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Anyway, I love hearing things like this when people take massive action to better their lives. Keep it up!

Small victories to the big victory getting to my goal weight. Then I got to hit the gym and build back my muscle mass, which will cause some weight gain.

Then I may need some skin surgery but time will tell.

(Sep 7, 2022 07:23 PM)1337GAMER Wrote: [\[CITE\]](#) Congrats on your achievements so far OP! Keep it up! ?

Thanks man, every day small victories!

(Sep 7, 2022 08:35 PM)Viper The Rapper Wrote: [\[CITE\]](#) I am also on a medication which increases your weight.

Sucks man.

Not all stop your metabolism in it's tracks and sometimes some minor changes can help abate or prevent that affect.

Talk to your doctors.

I wish you the best of luck, I've been there I know the feeling.

(Sep 7, 2022 08:43 PM)VGO Wrote: [\[CITE\]](#) Congrats Bro, keep it up <3 I wish you will achieve your goals... all of them & always <3

Neva surrender work harder then enjoy the taste of the good results

I feel great and want to keep going down a healthy path!

(Sep 7, 2022 08:44 PM)Pathy32 Wrote: [\[CITE\]](#) Great to hear about your progress man. I've lost around 65lbs myself this year. I put on a lot of weight last year due to depression but I turned it around and have had a hell of a year so far.

Keep going brother, the only limitations you have are the ones you place on yourself.

SnapFire - September 7, 2022, 10:05 pm

that's super cool you lost a lot of weight for just 1 year i love how your trying hard to get your goal keep your energy up always buddy

SourceCode101 - September 8, 2022, 12:39 am

Keep it up dude ! ! YOU DOING WELL!!! IM VERY PROUD FOR YOU

Joel - September 8, 2022, 12:47 am

My weight actually ballooned over covid by a stone because all I did was sit in and smoke weed. I'm genuinely jealous of people who can smoke and not get the munchies.

Insanely nice progress man. Its good that you've found a plan that seems to be working well for you.

Pikachu - September 8, 2022, 3:29 am

You're doing well on your journey. Mad respect to you, this type of thing requires some serious discipline. Best of luck, I hope you reach your goal!

Cyam - September 8, 2022, 3:44 am

Amazing job bud!

I've been in a somewhat similar situation myself. For the longest time, I was above 187lbs (which for my height is way too much). I was actually doing stationary bike workouts for about a month and I was just starting to lose weight when I had to move to another apartment and I gain weight there again...

But about a month ago I started an Insanity program by Shaun T. I'm currently at day 3 of month 2. Body is much thinner and clothes fit better on me. I also see that I've lost fat in my face as it's more shaped now. Scale not showing that much of an improvement (I'm at 82.8kg) atm but that's because I'm building muscle at the same rate as losing weight. I'm hyped to see what this next month does to my body.

Btw, workouts are fucking hard haha

trojohn - September 8, 2022, 4:47 am

I'm happy for you brother. Onwards and upwards.

Eran - September 8, 2022, 5:12 am

Yo, you might think that people here might not care, but trust me, it's amazing to read threads like these because it just proves anything is possible! It's very hard mentally when you're trying to lose weight and by the looks of it you've conquered your demons and you are doing great! I am proud of you! Keep going until you hit that goal!

TheArchitect - September 8, 2022, 2:43 pm

THAT'S AMAZING MA DUDE.

You should be proud of yourself! Honestly.

Keep up the good work!