

## Busy Busy...too busy to lose weight?

Not many updates last week...just too much on the go to sit and pound keys...

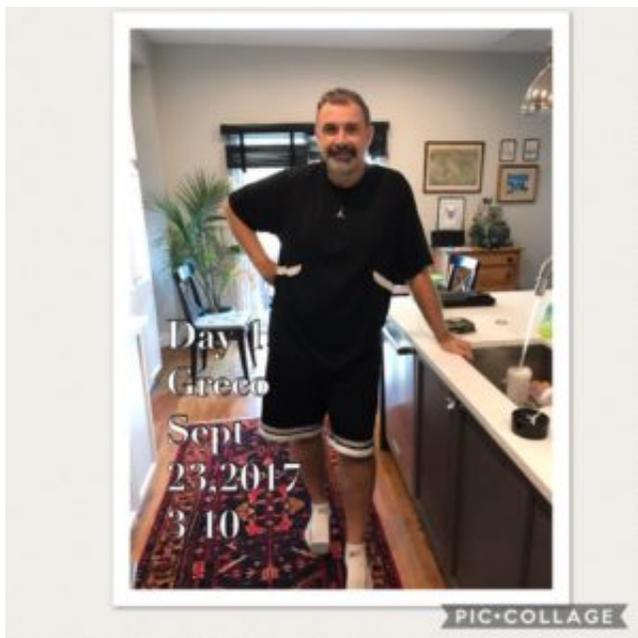
First up....a new contestant...

### **GLEN**

Mr. Walton has decided it's time for a mid life diet. He offered up a facebook post with a selfie and a weigh in....and...he gave me the nod to add him to the man blog.

Glen weighs in at 259 pounds...I'm not sure he looks it...but he is a bit more pear shaped than his peers....and at just 120 pounds less than Richard and 200 pounds lower than Seamus...he has his work cut out for him!

Since this is Glen's first day I'm going easy on him.



This is Glen at 259....it doesn't seem bad...but he wants to drop a few pounds so he has signed himself up to Greco...

Greco....this can work....the issue with Greco...and every other workout plan for that matter....self motivation....

You want to make serious changes....you're going to have to push....it will have to hurt....

I mean...you can't shampoo your own hair hurt.....

## **SEAMUS**

I don't know what to say about Seamus...I've tried to offer him some advice...alas...a pack of smokes a day...A Big Mac with 2 large fries....a bag of doritos and a 2 litre coke for dinner.

Seamus broke 400 pounds this past weekend....they are considering replacing his bedroom door with the french style as he is having trouble getting through the current 36" opening they had enlarged just 6 months ago.....

I'll have another talk with him.....

## **KRISTA**

UP! Krista attended a bachelorette this past weekend and offered up a weigh in of 154 pounds....a new high!

So without Krista's 'feeder' she has managed to pack it on in just one weekend out with the ladies....and I thought this sort of fluctuation was limited to those of us over 200 pounds....I stand corrected.

Hopefully Krista is thinking about sweating facebook selfies....



## **RUSSETT**

Beagle is down a bit...offering up 195.4 pounds after an hour in the sauna....

I wonder how much of this thin man's weight loss is sweat and sweat alone...not Krista sweat....sauna sweat....

Russett has been known for his creative workouts.....but he is down....a bit.



## **DONALDINIO**

Donny has it easy...bulking up....so fun...so easy....

Me...I wouldn't hit the needles...but to each there own. Donald is up 3 pounds....solid muscle....

He weighed in this weekend and offered up 140 pounds even. He has been packing on pounds even faster than Seamus I think....

I do worry about the medicine...maybe it's not as bad as smokes and doritos...but I do worry about his man berries...



## **YOURS TRULY**

I went for a run yesterday....yep....I managed 5km....it wasn't pretty and my knees are screaming. It was one of those walk/run deals but I did do the run portion hard...painfully so.

I'm going to attempt a bit of a run every other day...and today...a bit of lifting like my buddy

Donald....no juice though....high in sugar.

Do I dare tell my weight this morning.....no.....but yesterday morning I was just a peck over 240 pounds....as usual.

When I hit the scale yesterday I thought I'd be buying KFC for sure....but then...Russett offered his weigh in...I think I can catch him....and Richard.....I'm going to take him too....

## **RICHARD**

The big man...second only to Seamus I should say...offered up his weight yesterday...a slender 372.7

He is down from a start weight of 388...his goal is 350 by November 1st....that is going to make for a sad Hallows Eve....

I haven't seen much of the man....hiding out I suppose....we shall cross the street and check in on his cookie stash later today.

## **The Quote of The Day**

*Life is short, and it is up to you to make it sweet. ~Sarah Louise Delany*

That kids...is an important fact....

Also true is that everyone's sweet is different...so live and let live....even you Seamus with your nacho powdered nicotine fingers...live it up while you can.

Me...I have learned and lost in this life....and I have resigned myself to my role as a Father now...I'll have children at home until I'm over 60 and grandchildren shortly after I'm sure....and I'm good with that....

Nice if they would load the dishwasher once in a while....but hey....hair only gets grey once....might as well enjoy it.

Babe....I love your face.....I miss you too much.

XO