

## **Fat and Facebook....**

Today we will start with Me....Fat Victor.

One day this past week I actually saw 231 and change on the scale....not a super low weight but as far as BMI goes....just plain overweight....

You see at today's weight of 233.4 pounds I'm still considered Obese...now I realize this standard is absurd...I mean I'm a bit chubby...but I hardly believe I'm obese....but I guess....I am what I am....

Unhappy with my weight.

233.4 isn't bad though. I managed another 5k yesterday, my fourth attempt now. Other than the screaming knee for the first half mile it's fine....and it will only get better. I'm just about to the point where I'm enjoying it....hopefully before the snow flies....

So I haven't seen 240 in a bit, even after last weeks poker....which repeats itself tonight....I am on the fence on going....it's hard on the diet.

I only have to lose 2.5 pounds per week to get to 205 by the new year.....maybe poker every other week....

We shall see.

### **Krista**

Krista has now a bet involved in her weight loss. 2 of her girlfriends have added \$50 to her pot and the biggest loser takes it all. I haven't ID'd these competitors yet...and likely won't due to their likely unwillingness to be added to the man blog...but time will tell.

Krista offered up 154.2 pounds this morning after a Monday night trip over to Milestones for the group of 4 special, Bellinis and 4 apps....

but....ahhhh....there was only 2 of them....so ....ya.... meal for 2 meal for 4....whatever.

She has told me that she no longer blames her husband for feeding her....lol.

With losing weight for the wedding out of the way things should get easier?

So...pics from the past because I'm in the midst of working out and typing tidbits while I rest.....lifting....



I like this one....it's a classic

I wonder what Krista's goal weight is....I shall find out and report back.

Hopefully as lofty as my 205...we shall see.

### **Glen**

Mr. Walton claims to have been to the gym 3 times...I wonder if that includes the 3 times he went last week?

hmmmm.....

Ya...he offered up 257....so....he hasn't lost any weight at all...he hasn't gained either....Seamus could learn something from Glen.

### **Russett**

the beagle is also continuing his diet past thanksgiving regardless of who pays for the fried chicken. He says he feels good....and I'm sure he does....

Russett offered up steady updates this past week and all seemed to show a downtrend...yesterday...193.8

He is getting down there....

I'll have to clarify if Russett has a date deadline on this event....or a bottom line on the scale.

## **Seamus and Richard**

The battle of the heavyweights....

Nothing from either of these 2 this week...I assume Seamus is gobbling down Doritos and Richard is stuck under a piece of equipment at the gym....

Last but not least.....**Donald**

I heard a rumor Donald had a mix up at a border crossing...he was returning from the CrossFit games....

returning is a loose explanation....seems there is a steroid scandal in the world of crossfitters.....imagine....and Donald may....or may not....be involved...

Anyway...Donald has been laying low recently....we shall get an update from him later this week....until then....



I'm not sure shaving your legs is required....but I guess Vinnie is doing it....

Obviously he has bulked up a bit....will know for sure once the weigh in happens over at our Scottish competitors household.

## **The Quote of The Day**

“Thank you...for gracing my life with your lovely presence, for adding the sweet measure of your soul to my existence.”

? Richard Matheson, What Dreams May Come

A facebook memory brought me great joy...and pain....the mixture of those emotions that I find myself experiencing too much....

I'm sad right now as I sit here.....I won't cry....I've managed to bury that for now....the feeling is terrible really....it's a self-mutilation...holding back tears....yes there are no visible scars....but you injure something more important....

Now I'm going to go lift the rest of my weights until I can lift my arms.....

Babe....I love your face.....