

“The most honest reality check that your body and mind will ever receive in your lifetime.”

---

# Get Your Lazy Buns Off of That Couch!!!

*The story of your life is written one page at a time.  
Take a step forward towards your future today.*

“Some language inappropriate for skinny grown ups”

Mark R. Winkle

*Get Your Lazy Buns  
Off of That Couch!!!*

*The story of your life is written one page at a time. Take a step  
forward towards your future today.*

*“Some language inappropriate for skinny grown up*

Mark R. Winkle

Copyright 2011

Creative Commons License

Otherwise All rights reserved.

## *Dedication*

For my parents, George and Dorene thank you for all you did for me.  
and for Mandie the woman of my dreams. (Sigh!)

## Introduction

This is the shortest introduction you will ever read. This is a book of possibilities. Open your mind and take a trip with me. Let's go, get off that couch! Get out the door and get on with your life!!! Life gets better or worse depending on what you do about it. I've been through hell and been burnt so badly that I came close to ending it all. I wanted to see what was on the other side. But, to tell you the truth, I was afraid that this life was all there is. Until someone proves me wrong, I'm staying here, for better or worse. I'm going out swinging!!! Take a step into my life, won't you? Turn the page.....

# Chapter 1

## Getting My Engine Started

### The Summer of 2010

I'm awake already! I shout to no one. I live by myself, for now. I bought this house, thinking that my fiancé of almost seven years would want to marry me, she didn't. Fear of Commitment, go figure. So here I lay, being out of work for ten months, not wanting to get up and face another monotonous day. They say each day is different. I say prove it. Most days I have to look at a calendar to see what day it is. I'm sure my life is supposed to have a purpose, maybe writing this book is mine. Obviously, writing the other three books weren't my purpose. I wrote one book on making God your first priority; the book agents wouldn't touch it. I've written two others, part of a series, The Book of Truth, but I'm kind of gun shy after the major rejection I received on the first book, especially from Christian book agents. I kind of thought they would appreciate a hard core honest look at modern Christianity in America. I guess it was too honest for them.

My son talked me into going back to college. It's been twenty three years since I was in a class room. Thank God, this summer all my classes are self- paced or online. Too much time to think! Too much time on my hands, hey wasn't that an old song, from long ago? I've forgotten who wrote it. If you remember, tell a friend and have them tell a friend and so on. When it gets back to me, I'll remember it until some other tidbit of information or other memory kicks it out of my short term memory. My son is amazed at how much I remember. I guess that's the definition of genius, a lot of knowledge about a little of everything. When he wants to know some obscure fact, he asks me. I'm well read, high IQ and available. I have the time. Life is just passing me by. What would you do if you were me? I'd rather be living on a tropical island with a beautiful blonde wife and a house full of children. But, if we could all have everything that we wanted when we wanted it, who would work?

That's why I'm writing this book. I'm good at telling other people what they should be doing, and then I sit down and read a good book, or at least look at a good book, or watch a movie. Unfortunately, they aren't all good. Let's be honest, you picked this book up for someone else that you think is lazy. Maybe it's your son or daughter, or your couch potato husband or wife. Maybe you're depressed wondering if life is worth living. I can't answer that, still trying to figure that one out myself. Someone keeps moving the goalposts on me.

So, here I lay at 8:00 am. half awake, a third of the world is going to work or school, and here I lay. My kidneys finally make the choice for me. I do my business and go back to bed. My kitten "Suzie", who I've had for just a week or so keeps me awake long enough for me to tell her to go back to sleep. She doesn't. She goes out to the kitchen to play with her toys. I nod off back to sleep until sometime between 10 am. and 1 pm. She got to the point where she was waking me up just to feed her and then climbing into bed with me, and sleeping until I woke up. We then had a yawning contest to see who could yawn the most times in a row, the longest yawn, and the loudest yawn. Time doesn't matter that much when you don't have a schedule. By

the way, does anyone know where the volume switch is located for those damn birds that wake up chirping at four a.m.?

I finally get up, stumble into the bathroom and take a shower. What am I going to do today? What am I going to do to keep myself from watching the paint peel off of these walls? What am I going to do to keep my sanity? I can only play with the kitten so long. I can only watch so many movies. I can only go to our small library Tuesdays through Saturday and use the internet so often. I can only read so many books. I can only do so much college homework! Somebody, take me away!!!

When I had work, I delivered trucks of all kind all over the United States. My safety record was impressive. I drove over 800,000 safe miles in nine years with no accidents. The economy tanked. Banks stopped loaning money. Trucks new and used weren't being bought as often. My contract as an independent contractor was canceled. So much for being on top of the world! The money was great. The time on the road took a great toll on my relationship with my two kids. And, one of the first things that went when I lost my contract was cable TV. Not much on but junk, filler shows anyway. I only had a few favorite shows anyway. They forced everyone to switch to "Digital TV", and I didn't even buy that stupid box. So, thank God for the little things. I don't waste my time on television and you shouldn't either. Unless you are still in the sixth grade, you are too smart to waste your time watching other people have a life!

Okay, so now I'm up. I get breakfast, cereal again, just because it's easy. I feed the kitten, because by now she's driving me nuts meowing at me to feed her, let her out, let her in, let her drive, let her climb on me, let her take over the world already. Enough, here's your food and water! There, now I can have five minutes of peace and quiet. Now, what do I do with the rest of my day? Remember, I haven't got cable or satellite television to waste my time on, and neither should you. Your money is better spent on gas for your car, or a car payment, depending on how high your cable or satellite TV bill is.

I'm too tired to exercise, and that would just wake me up further. This deal of no pain, no gain just doesn't sound like a lot of fun to me at all. Every time I exercise, I hurt. I've lost over a hundred pounds in the last ten months since I got off the road, just by cutting out a lot of junk food. I know I would lose more if I exercised, but I just can't intentionally hurt myself. If I could get a great massage from a beautiful blonde or brunette after every exercise session I wouldn't miss too many. I'm down to 258 from 368 and still losing now that it's July and in the 90's and humidity is near 80 plus percent or more. Summers in Ohio are hot and humid.

I could walk down to the store, but if I did, I would just buy junk food. Kind of defeats the purpose of exercise. I started to go back to my former weight lifting training last week. I guess I over did it. The next day I felt three long spasms grabbing my right chest and back. I felt like I was having a heart attack. I got home and the room was going in and out. My brain went, what the heck is going on? Major back strain. A NOTE OF CAUTION: If you intend to exercise, start slow and work up. Add a little every couple of days. Even if it's only a hundred more steps than yesterday. GET OFF THAT COUCH, AND DO SOMETHING!!!!

So, what do we do? Well, we are in this together. So, let's get started. Take a shower. Do your business. Get dressed and get your tennis shoes on. It's going to be a long day. Twenty four hours long or so, every day for the rest of your life. Oh, what I would give to be a cat. I could lay around sixteen hours a day, eat, poop, and sleep, wake up and start all over again. If wishes were horses..... (or cats)!

Okay, so, I'm not a cat, and neither are you. I don't watch television, so what can I do today? I suppose we could kill several hours writing a list of things I'd like to do. Then I could get realistic after my dream ended an hour from now and the fantasy was over. I would have wasted an hour dreaming and still not done anything positive with my day. So, let's write a list of a thousand or more things that we could do that would remove a little stress from our lives and maybe help someone else out, even if only by accident as a result.

**Let's make sure we're on the same page now. TURN OFF THE TELEVISION, GET DRESSED AND GET YOUR SHOES ON, NOW!!!!**

**I'm not going to tell you twice!!! Quit your whining and do it.**

If you see that I somehow missed something on our list, let me and others know, it could be the secret to true happiness for the world, you never know! Or, It could just be crap. Either way you've lost weight getting it out!

1. Turn off the television.
2. Turn off the radio.
3. Get dressed.
4. Make yourself breakfast so you have energy to keep moving.
5. Comb or brush your hair, even down there.
6. Brush your teeth if you have them.
7. Put your false teeth in if you have them.
8. Put makeup on if you look that homely that you really need it, but remember you may break a sweat.
9. Clean your ears.
10. Put your shoes and socks on.
11. Get ready to leave your house or apartment.
12. Open the door, step outside, close and lock your door behind you. **Make sure you have your keys before you close the door!!!!**
13. Look around, this is the outside, you may not recognize it.
14. Decide if you are going to walk, drive, or ride your bike.
15. Make sure you have identification and some money with you.
16. Pick a direction.
17. Start moving in that direction.
18. Remember that this is supposed to be fun, not work.
19. You could go to the gym.
20. You could go swimming at the pool.
21. You could go on a bike ride.
22. You could go on a picnic.

23. You could volunteer at a local nursing home.
24. You could volunteer at a local hospital.
25. You could go to the library and check out books to read.
26. I could go to college and finish my homework assignments and turn them in. Oh, this is supposed to be fun!!
27. You could go for a drive in the country.
28. You could visit a friend.
29. You could wash my car.
30. You could mow my lawn front and back.
31. You could get and read my mail, and then throw it away.
32. You could donate blood.
33. You could donate plasma.
34. You could donate food or clothes to the local food pantry.
35. You could clean your garage if you have one.
36. You could weed eat your fence rows and then do mine.
37. You could plant a garden.
38. You could paint your fence.
39. You could paint your house and then paint mine.
40. You could learn to type.
41. You could take a class or five.
42. You could learn to play an instrument.
43. You could go house or apartment hunting.
44. You could go window shopping.
45. You could go skateboarding.
46. You could go ice skating.
47. You could go rollerblading, or roller skating.
48. You could stop by and give me a massage.
49. You could get your hair cut or styled.
50. You could clean out one closet or room today, and then another one next week.
51. You could wash, dry, and put the dishes up.
52. You could do you laundry. Remember to separate towels, colors, and fabrics.
53. You could read to a child.
54. You could volunteer at a school.
55. You could volunteer at a fire station.
56. You could learn CPR.



57. You could make conversation with a stranger and possibly make a friend.
58. You could send me all of your money.
59. You could make me the sole heir of your will. Leave each of your children \$1.00. They will do just fine. Working for a living builds character.
60. Take some time today to look out on the rest of the world and shout, "What the --- are you doing?"
61. You could do yoga.
62. You could start writing a book at the library. Get your lazy - - - out of the house!!!
63. You could write me a letter telling me what you think of me.
64. You could send me pictures of yourself and give me something to think about (or laugh at).
65. You could jump off of a cliff.
66. You could shuffle off to Buffalo.
67. You could turn over an old leaf.
68. You could smell better.
69. You could take pictures of yourself and send them to me.
70. You could take a loooooong look at your life and ask yourself if life is worth living.
71. You could ..... (I left this one for you, my friend).
72. What you do next is finish this book today and get on with your life already!!!

Let me walk you through my every day boring life so you can compare your pile of crap to mine and see whose stack is taller. Maybe your life isn't as bad as you thought it was. Maybe it's worse than mine is, but you are probably at least having sex every now and then.

# Chapter 2

## Losing My House Really Sucked

Life is funny. It's been awhile since I wrote anything for this book. Since I began, I have lost my house. The college that I was going to messed up my student loan and I missed one stinking lousy payment on my Land Contract and I lost my house. I took the jerk to court for all of the repairs that I have made on the house. My case sits on a crooked judges' desk waiting for h--- to freeze over so she can cover up the other guys' fraud.

I live in Clark County, Ohio the home of many crooked judges, both on the Common Pleas courts and the Municipal Court. If you want your client to get off of a crime you slip the judge a \$100 for their "re- election" fund.

Losing my house really sucked!! I tried really hard to make the payments. My daughter and son helped out quite a lot. But my two brothers, one who lives out in Las Vegas, NV and the other that lives in Dayton, Ohio wouldn't help me save my house. They wasted tens of thousands of dollars paying off their credit card bills instead. I haven't spoken to either of them since I lost my house. My brother in Vegas is a big time psychologist. He was always telling everyone else how they should live their lives. What a waste of hot air! The other one is living in welfare housing and lying to the slumlord about how much he is earning.

I see my daughter more often than my son. If she hadn't helped me move out of my house, you would not be reading this. I was born and raised in that house, and it ripped my heart out to lose it. I had promised my parents that if I ever got the house back into our family that I would fix it up and keep it in the family, in honor of their memory. Two weeks ago I finally found the courage to go to their grave sites and tell them that I was sorry that I failed them. I knew they understood how sad I felt.

My parents bought that house in 1951 when it was first built. It was the third house on the block. They both lived in that house until they both passed in the year 2000. My father died of a massive heart attack. My mother stopped taking her diabetes medication and died of grief. I miss them more every day. My dad knew he was going to die. He had a blood clot in his stomach for over a year. When he caught pneumonia and started coughing it came loose. He was seventy three. He wanted to live long enough to see the turn of the century. He made it by twelve days. My mom, God bless her heart, was a Sunday school teacher for three and four year old children for most of her adult life. She was a Licensed Practical Nurse mostly in nursing homes, since 1968. She worked nights and my dad worked days. He worked in a foundry machining large cutting blades for paper pulp cutting machinery. He once won an award for machining a cutting plate to within one millionth of an inch of tolerance. The company closed down, cut off his health benefits and moved to Austria.

My father once helped save a man's life, only to see him die from a second jolt of electricity. It forever changed his life. He was chased by a fireball across the wet grass and thrown onto the pavement over seventy five feet. He had burns on his palms, knees, and heels where the electricity had run out of him. The other man that was helping him to save the electrocuted man received severe burns over most of his body. He bears the scars that looking death in the face and laughing can bring you.



bumpkin failed to plow in the month of January because it was cold outside and he didn't want to drive his snow plow in it that day because then he would have to wash it the next day.

Oh, by the way. You're probably wondering what happened to my kitten. I gave her to my daughter to take care of. After all, she did pay for Suzie's surgery that saved her life. I miss her dearly. I miss parts of my old life. I miss the money that I was making. I miss the freedom that I had. I miss the traveling and meeting all of you strange and wonderful people that make up this shitty world. I miss getting laid. I miss kissing beautiful women. I miss being in love. I miss having hope for this world. I miss knowing what to do and why I should do it. I used to have faith in my fellow man, but greed took that away. I used to believe in justice but crooked judges took that away. I used to believe in fair play, but I have been crapped on by everyone that I ever trusted in my life. But still, maybe tomorrow will suck less than today. Maybe I will get laid. Sometimes life is like sitting in the bottom of a two story outhouse with an open hole above your head. Get the picture?

Suzie update: She was a he, and sadly he died two days ago (May 15, 2011) from Feline Leukemia. He was one of the nicest cats ever. He..... well, you know. It makes me sad to think how having him around kept me alive so that I could write this book. I'll see you again my friend. All cats and dogs and all other pets go to heaven.

# Chapter 3

## The Holidays of Misery

This is the weekend after Thanksgiving. I spent Thanksgiving Day by myself watching Christmas videos and wondering where my life went wrong. This has been the worst year of my life, so far. My Daughter Sara came over around eight o'clock and we went out to see a movie. It was about a girl who had magical hair that could heal wounds. Her mother had locked her into a tower in the woods. Maybe you remember the story of Rapunzel. After the movie we went back to my apartment and talked for awhile. She started a part time job bundling newspapers six hours a day and delivering routes that didn't have carriers. She worked most of this week in the cold rain. I've done that job and it's not fun. She got the job through a temporary job agency. It's a temporary job agency, because for the nine dollars an hour working out in all kinds of weather, most people don't last long. I lasted three weeks on that job.

Today, the Sunday after Thanksgiving, I received a call from my ex- fiancé. She wanted to know how I was. She was surprised to hear that I lost the house. I explained to her that I bought the house for the two of us. I told her that everyone that I thought that I could depend on bailed on me. I told her that because I missed one payment, I lost my house that I was trying to buy on land contract. Only my two children helped me keep the house as long as I did, and I thank them for that. My son doesn't understand why I didn't show up at Thanksgiving dinner at my ex- wife's house. I only showed up once in the past, and it wasn't any fun being there, it never was. I feel sorry for my two children that they are part of a growing number of children that celebrate holidays with only one parent, usually the mother. My ex- wife always wants to run the show. Well, she can run it without me or my blessing.

It was nice to hear my ex- girlfriends' soft tender voice. But we are still miles apart from getting back together. She still uses caller ID when she calls me from her mother's house. She probably wanted me to come over a take her Christmas shopping and ask to borrow some money, but I have decided to not celebrate any more holidays. They are just one more boring lonely day that reminds you how sad your life is.

It is the end of November and I have only bought two presents. They are for my son and daughter. They are the only people that want nothing from me but my love and friendship. We sometimes are thinking the same thoughts. I tell them, "Great minds think alike".

We have a good long laugh. It's nice to see her grow into a self confident young woman after living with a mentally ill mother all of these years. My son says that I am a fountain of useless knowledge. They are my pride and joy. Oh, I know. Everyone wants and needs to be wanted by someone. Even stray dogs and cats want and need to be loved and cared for by someone. Without someone in your life that shows you that they love you, your spirit and your will to live die a slow and painful death.

My present to my daughter is my time and my wisdom. It is also a Hot Chocolate Kit with two cups and of course, hot chocolate mix. She spied it on top of a cupboard a couple of weeks ago. My son doesn't know what to think about what I got for him. But, haven't you given and received gifts that you asked yourself, "What in the blazes were they thinking when they bought this?" Then you think, "Who can I give this to?" I know you have done this because I have gotten some of the lamest gifts in my life. The three best gifts that I could ever get, 1) love, 2) friendship, and 3) sex. Money comes in handy but it is soon gone. Even if you lose any of these three that gifts that I would rather have than anything else in the world, I desire to receive; the memory of at least having them is worth more money than even King Midas had.

I got a job at one of those MART places. It's the letter after "J". Don't tell anyone. It's owned by some English billionaire that couldn't care less about his employees. I even had to buy my own "uniform" pants and shirts because the company is too cheap to supply them. That was thirty five dollars out of my pocket even before I started work. NO ONE smiles at work, except one lady and I think she's on Prozac. It's either that or she's flirting with me and wants to get laid by an older man. If she makes a move, I'm there. It is not a happy place to work. We make five cents more than minimum wage. The taco company employees make more than I do. I unload the truck when it comes in, mostly by myself. I don't mind though. The useless guys that this place has working here can barely lift their arms without straining themselves. This generation has no work ethic.

Our store was even open on Thanksgiving Day. Imagine that, a store being open for business on Thanksgiving. How thankful do you think the employees are that had to work? They busted their cute female buns to get the store ready for the holiday shopping season, and this is the thanks they get.

On the day after Thanksgiving the "Season of Greed" began. Several of the female employees told me that they had been cussed at and threatened. Several customers stole

merchandise rather than paying for it. Most of our customers left their shopping carts in the parking lot instead of bringing them back into the store. The store was a mess. Myself and several other employees were asked to take a shopping cart and tour the store for misplaced merchandise. Many customers had changed their minds about purchasing something and just "dropped it off" where ever they happened to be at the time. Fortunately the store hired five employees for third shift to help "clean up" the store merchandise and the shelves every night. I have never seen so many selfish, rude, and inconsiderate customers in my life. People were even waiting when the store opened to "grab" specially marked down merchandise that had been previously marked up. There were even a few arguments among customers. The other "MART" company, that starts with, oh, you know who I mean, the Chinese merchandise company, had sales starting at midnight. So, if you absolutely wanted to beat everyone else at being greedy, you could race to the cashier with your greedy items by 12:05 am the day after Thanksgiving Day, and be greedier than anyone else in the United States for a few seconds. What an achievement. Your grandparents would be so proud of you. You save a few dollars on something that you don't need, that the person that you bought it for will question your sanity, and definitely your moral values, and then return it for cash to buy something that they really wanted.

The only happy people that I saw that day were the bell ringers standing outside the store raising money for needy children. I gave them the two dollar tip that I received for loading merchandise into a lady's car. The children deserve to see their parents act better than this. After all, this is supposed to be a "Season of Giving", not a "Season of Greed".

And you wonder why I've given up on holidays. I have more fun staying at home than fighting the rest of the world for a few moments of peace on earth. I wish you would all go away on the holidays and leave me to enjoy myself, in peace and quiet.

What do I want for Christmas you ask? I want Christmas to be celebrated in August. After all, that is when Christ was supposed to be born. The Christmas that the rest of you celebrate was a Druid holiday that was taken over by the Catholic Church after they killed all of those that refused to convert to Christianity. Hell of a way to start celebrating Christmas huh? Let's kill all those that don't believe the way that we do and take over their holiday.

I want stores to stop holding sales the day after Thanksgiving Day, and also be closed on Thanksgiving Day too. I want the GREED taken out of the holiday season. And, most of all, I want to be married again. If not this year, then next year. I want to have started a second

family with my new wife before the next holiday season; with a child a year until my quiver is full. Holidays, after all are for giving and sharing our love for one another. It is unfortunate that the way that most people think this should be done is by giving things that must be purchased at a store, instead of giving of themselves or their time to show that love to one another. Maybe someone else will marry me before next year. I would hate to spend Christmas and New Years Day all alone again. Santa, are you listening? This is what I really want for Christmas. If you can place one of these ladies in my bed, with my ring on their finger I would once again truly believe you really do exist. But if you can't, I understand. After all, maybe it's just too hard for you to do (any smart beautiful lady of your choice). I've given up on being happy at Christmas, maybe you can change that.

I've tried for the past two months to get into the holiday spirit. I didn't celebrate Halloween, didn't even give out candy. I didn't celebrate Thanksgiving either. Nothing really to be thankful for. I've seen dozens of old Christmas movies, heard hundreds of Christmas songs, but without someone to come home to, I just can't be happy about another boring lonely holiday season being spent by myself.

Happy New Year to me! Well, maybe it could be. I've come to the conclusion that ending my life is not the solution to my problems. When you're going through a storm, keep going. If it looks like you're life is going down the tubes, fight with all you have to keep your head above water. What your life becomes depends upon you. Listen to your heart beat.

You may lose every possession that you have, I came close to it. I know what you are going through. I've been there. I walked through most of the really bad times by myself. If God does exist, I didn't hear from him, and I still haven't. My faith in my fellow man is zero. I don't trust anyone. I hate my life. I didn't deserve to have my life ruined by greedy people. I could end it at any moment, but who would benefit, the worms? I struggle every day to get up out of bed and get moving. You will too. But get moving we must. Life is what we make of it.

Losing your job, your life, your wife or husband, or your house is just like losing a loved one. You pour your soul into it. You cherish it and love the time you spend there with them. You mourn the loss of them just as much as if they had died. But you decide when to stop mourning and get on with your life.

You decide how your story will be written. You decide what words will go on every page. Start a new chapter. Get off the couch and get on with your life!!! Come on, I'll help you.



Sit up. Now stand up. Point both feet forward and put one foot in front of the other. Your life is moving forward already. Finish this book today. Tomorrow we start changing your life and digging your life out of the ditch that it's in with a BIG shovel!!! Get a good night's sleep my friend, not now. After you finish reading this book!!

## Chapter 4

### The Benefits of Getting Off of the Couch

Okay. So now you're mad at me for making you strain your lazy buns getting off of the couch. Good for you. You just lost forty calories getting mad at me. Three thousand two hundred and sixty more and you've lost one whole pound of flab off of your rear end.

You might not be fat. You might not be overweight. You just might have a heart attack changing the channel. When I lost my driving contract delivering trucks of all kinds all over the United States in 2009, I weighed around 370 lbs. Yes, that's three hundred and seventy pounds. I now weigh around two hundred eighty. It is winter and this Bear is in hibernation. It is cold in Ohio. When Spring finally gets here, I will start walking for distances again. Yes, on purpose. This chapter deals with the reality that your life might be a long life. I don't want you to spend any more time sitting or laying around than you have to. There are things that need fixing in this country and they are not going to get fixed with you lazy bums sitting on your assets!! So put on your clothes, now your shoes, and put one foot in front of the other. I am going to help you get your mind and body back into shape one step at a time.

First, set a goal of losing say thirty pounds in the next five months. That's being realistic. Step on the scales naked. Now take a good long scary look at all of that flab hanging down on your body. Five months from now you will be glad you read this book. As you lose ten pounds buy a copy for a friend of yours. Heck, buy several copies and give them to your lazy friends and family. As they see your fat fall off and your flab shrinks, they will become jealous of your finely toned rear end and you thinning waistline. Now, isn't that what exercise and living good is all about? Do you really think that people would exercise for the health benefits if they still looked ugly months after they started? People that exercise don't do it for the health benefits, trust me. Fat people like you and me walk at our own pace to lose weight. When the belt and pants are looser than they were last month, you feel good tightening them another notch. Since September of 2009, I have had to make many new notches in both of my belts. I have shrunk from a forty eight waist down to a forty waist. I have bought at least two pairs of blue jeans that are size 38 and 36 in anticipation of my future weight losses. I plan to lose thirty to forty more pounds this year and keep it off over the winter.

Now, I'm not a doctor, and I don't play one on television. I can only tell you what worked for me. What will work for you will be a little to a lot different. Realize that you are out of shape. Start out slow. Walk don't run. It took your body years of neglect to get into the shape that you are in. It will take time to get back in shape. Be patient with yourself.

**Food:** Cut down. Cut back on fast food. Cut back on pops, soda, soft drinks, and even Diet drinks. They all **add weight to your body**. I've been there. I know. I drink teas of every kind: herbal teas, black teas, green teas, teas with and without lemon. I don't drink coffee. There is too much temptation to add cream or sugar to your coffee. You might as well drink sugar water. Cut back on snacks, especially the sugar filled ones. You know what I mean. I still eat doughnuts and cookies every now and then but I walk them off in two to three days after I **reward myself**. I hardly ever eat pastries, pastas, white bread, candies, cookies, soda, or fast food. I cut waaaaay back on Pork. Pork is cheaper than Beef, but usually has more fat and more salt. Salt makes your body retain water. Chicken without skin or sauces including gravy is very good in helping you lose weight. Tuna salad is good as well in helping you lose weight. Gradually cut down on your snacking and meals. Eat smaller meals three to four times a day rather than one big meal. Get a good nights' rest. The weight will begin to fall off of you little by little. Weigh yourself once or twice a week. The long term goal is what you need to focus on.

### **My first thirty pound weight loss kit:**

1. Multi Vitamins with minerals (any brand). Take one every day.
2. Chromium Picolinate. Take one a day. It helps to balance your insulin levels in your Pancreas so the food that you eat burns more calories.
3. DHEA. Take two to three a day.

**Step one:** Proper attitude. I am going to lose weight, no matter what any else says.

**Step Two:** Proper clothes. Start with what you have.

**Step three:** Proper shoes. Comfortable cheap tennis shoes will do for a start.

**Step Four:** Get dressed.

**Step Five:** Take your keys and your personal identification. Don't plan to buy anything. You don't need water or anything else but what I have told you to take with you.

**Step Six:** Go outside, close the door behind you.

**Step Seven: Day One:** Walk one block and turn around and walk back.

**Step Eight: Repeat steps one through seven but ADD one block per day each way to your walk. Take your time. Let your body adjust to the growing demand on your muscles and body systems.**

**Step Nine: Take the seventh day off to allow your body to recharge and unwind.**

**Step Ten: If you are not yet there, walk fifteen minutes today, ADD five minutes each day for days eight through thirteen.**

**Every six days of walking take a day off to allow your body to unwind. If you miss a day, don't beat yourself up over it. Walk tomorrow. Don't make excuses as to why you can't walk at least fifteen minutes a day. And no, walking at the office or school does not count!! Don't cry and don't whine about it. Look in the mirror. See that person? That is the only person that you need to lose weight for!!!**

Don't run if you are overweight. The possibility of injuring yourself increases with the excess weight impacting on the ground. Don't run stairs either. I want you to slowly lose weight without hurting yourself. Nothing will cause you to gain weight faster than hurting yourself while trying to lose weight. Take your time. If you can't walk a block a day each way, walk half a block each way. If you are extremely overweight, walk only a hundred feet each way, about thirty five steps. If you weigh too much to get out of bed, keep reading. I have a low impact exercise weight loss plan for you too.

**Then- Add ten steps each way every day. Gradually build up to that half a block if you need to. Your muscles will adjust and strengthen a little more every day.**

**Pay no attention to what anyone else says. Listen to your body.**

I started walking around my block. The first day I only walked one half of a block each way. I added a quarter of a block each day. By the end of the month I was walking three blocks each way every day. By the end of two months I was walking a mile a day. By the end of three months I was walking a mile and a half three to four times a week. You can do this. I believe in you. I am telling you that my life style and weight loss strategy works. It worked for me. It will work for you. Give yourself the chance to slowly change your habits into better and better habits. You decide how much you want to lose. I've been there. I've been called names and

laughed at. I feel your pain. Words can break your heart. Look in the mirror the next time you pass one and take a long look until you see the person that you want to be. Change comes slowly. Take your first step with me today. I'm right here. Tell me where it hurts.

### **Safety Tip:**

People think that running will help you lose weight faster, it doesn't. The possibility of hurting yourself is greater running than walking. Take your time, let your body adjust to moving around a little more every day.

Give your body time to adjust to the decreased amount of junk that you are feeding it. Increase the amount of vegetables, fresh fruit, and fresh vegetables that you eat. Cut out most of the junk food. Drink more water to flush out the impurities and fat from your body.

It has been a year and seven months since I started losing weight. I gained back fifteen pounds during our long cold winter here in Ohio. But that's okay. I used to gain thirty to forty pounds during the "fat years."

Don't get mad at yourself. Losing weight takes time. If you gain a little weight, keep going. You may lose a few weekly battles, but I promise you from the bottom of my tight buns, **YOU TOO WILL LOSE THE WEIGHT THAT YOU WANT TO LOSE!!!**

**Diets don't work.** If you are on a diet, stop. The only thing that will help you to lose weight and keep it off is a slow and gradual lifestyle change.

Losing a little weight, even two pounds, will change how you feel about yourself. Every week buy less junk food. Replace that junk food with fresh fruit and fresh vegetables.

Before you shove that piece of junk food in your mouth, take a moment to think, "Do I really want this stuck to my body for the next week?" If you don't, put it down. If you don't buy it, it's not there for you to eat it. My grocery bill also lost weight. I used to spend over four hundred dollars a month on food at truck stops and another hundred on the weekends every month. That is over five hundred a month just for my food. The pizza delivery folks at Dmno's used to race to get me my order because they knew that keeping a fat, angry, tired, hungry bear of a truck driver waiting was no way to earn a five to ten dollar tip. I used to buy on average \$150 a month in pizza alone (and eat alllllllll of it by myself).

I now spend less than one hundred dollars a month and I eat very well. I just cut out most of the fast food and most of the junk food that I buy. I don't need it anymore to make me feel better about myself.

**LIFE STYLE AND WEIGHT LOSS PLAN**  
**FOR THE EXTREMELY OVERWEIGHT PERSON**

Yes, I mean you. When I started, it took quite awhile to get my body adjusted to being somewhere other than sitting in front of the computer or the television stuffing my face. I moved the computer into my bedroom so that I would have to walk across the apartment to get to it. Every footstep counts. If you take into consideration that walking across your apartment or house is a distance of at least fifty feet or more. If you walk back and forth across it fifty three times, you have walked a mile or more. In doing this, you have burned up about eighty five calories to one hundred calories. Want to burn up more calories? Turn the page and read what I have in store for you my fellow weight loss companion.

**IF YOU WEIGH BETWEEN SIX AND EIGHT HUNDRED POUNDS:**

Step One: Have someone go through your pantry/ cupboard and throw out all the junk food. Yes.

I mean all of it. All of those calorie filled snacks must die! It's them or you.

Step Two: Buy these three items- Chromium Picolinate (take only one a day), a bottle of daily multivitamins with minerals (take only one a day), DHEA (take only one a day).

Step Three: Throw out all of your white bread and replace it with wheat or multi -grain bread (white bread contains sugar).

Step four: Give away all of your soda pop, coffee, soft drinks (including DIET POP), and corn syrup filled fruit drinks, and artificial sweeteners.

Step Five: Buy nutritional cereal, Low fat milk (ONE, TWO, or FOUR Percent only), tea (unsweetened any variety), vegetable juices, unsweetened fruit juices, fruits and vegetables. NO BANANAS or MELONS!!! (Too much sugar and water).

Step Six: Let's do some math first. If you want to stay fat and ugly, multiply your weight by 13. This is the number of calories that you can stuff your fat face with every day.

Step Seven: If you want to lose weight and get healthy multiply your body weight (naked) by 10.  
This is the number of calories that you can eat every day and safely lose weight.

Hint: START LOOKING AT THE NUTRITION LABELS ON YOUR FOOD BOXES. ONE SERVING EQUALS \_\_\_\_\_ CALORIES. 3,520 CALORIES EQUALS ONE POUND OF WEIGHT ON YOUR BODY. EXAMPLE--- ONE COOKIE 250 CALORIES. Fourteen cookies AND YOU JUST GAINED ANOTHER POUND!!! PUT DOWN THE COOKIES, SNACK CAKES, DOUGHNUTS, ETC. and WALK AWAY!!!! YOU WILL LOVE YOURSELF MORE EVERY TIME THAT YOU DO THIS.

Step Eight: Over the next month I want you to think about three things- 1) How much do I WANT to weigh? 2) How much do I want to live? and 3) What do I want to look like when I have become thin and good looking? Picture it in your mind and think about it every time a doughnut or a cookie calls your name. Think about that picture every time you write out a shopping list. Think about it every time you order a greasy fat filled pizza and every time you think you want a soda or a snack cake. Do this for yourself- just think about it and walk on by!!

HINT: add a little pepper to your meals. DO NOT SALT YOUR FOOD!!! It is already processed with salt. Keep water in your refrigerator, yes to drink. It will help wash out the fat that you are losing. Instead of other liquids, drink water. Yes, water. Why? Water will wash out the toxins (waste products) from your body. Yes, even going to the bathroom burns calories.

IF YOU DON'T BUY IT, YOU WON'T have it around to tempt you. Now will you?

Step Nine: When you feel like eating, and it is not meal time, find something else to do.

Step Ten: If you want to lose weight faster, do not put sugar or cream/milk in your tea. If you can not handle black pekoe tea or green tea, buy herbal teas instead.

HINT: Instead of putting salt on your food, use other spices. Salt causes your body to hold water.

Grocery store foods are processed with salt already in it. TRUST ME. YOU do not need the extra water weight. Every pound lost counts towards a thinner and happier person that will smile back at you when you look in the mirror.

Step Eleven: EXERCISE-- I want you to start out gradually getting your body used to moving. We are going to start out slow and gradually increase the repetitions every day.

**Caution:** You will sweat. Your body sweats to remove toxins from your body as well as excess water. Your skin will gradually tighten (a little slower than you lose weight). Give it time. Skin is your body's biggest muscle. It will become more toned as you continue to exercise.

**EXERCISE ONE**-- Raise both arms slowly at the same time five times as far as you can. Every day add two more arm lifts. On the seventh day take a break. On the eighth day, start at the number of arm lifts that you did on the sixth day. Add two repetitions every day and so on up to fifty arm lifts every day.

**EXERCISE TWO**- Arm extensions. Put both hands on your chest and slowly extend your arms outward to the side. Slowly bring them back to your chest. Start out with five Arm extensions and add two Arm extensions every day. On the seventh day take a break. On day eight, start where you were on the sixth day and add two Arm extensions and so on up to fifty Arm extensions every day up to fifty arm extensions.

**EXERCISE THREE**- Leg lifts. Slowly raise one leg at a time as far as you can. Then slowly lower that leg and raise the other leg as far as you can. If you can start at five leg lifts for each leg, start at five leg lifts. If you can only do one leg lift, then only do one leg lift for each leg. Add one leg lift every three days. On the seventh day take a break. On the eighth day start where you left off on the fifth day. Add one leg lift every three days up to fifty leg lifts.

\*\*\*\*\*DON'T OVERDO IT!!! Take it slow. You didn't get in this shape overnight now did you? It is going to take some time and a little pain to get back into shape now isn't it?



I'm not a doctor. I don't play one on television. So here's the normal B.S. Warning- before starting any exercise program please consult your physician, unless he weighs more than you do. If they do, consult another physician.

We are going reaaaaaallllly slow with your exercise program because in your condition I won't carry you out of your house or apartment if you hurt yourself. So, go slow with these exercises. You may think that adding one or two repetitions won't help much. Let me explain my theory of weight loss:

The TURTLE ALWAYS WINS. The best conditioned athletes depend on stamina and endurance. I can't run a mile. I can walk over nine miles, one step at a time. I started by walking across the room, and then to the corner, and then around the block, and a little farther every day.

**Bariatric Surgery** is only a short term solution. **Stapling** is only a short term solution. **Dieting** is only a short term solution. Believing in yourself long enough to gradually lose the weight that you want to lose and then eating sensibly is the only real solution to your weight problem.

If you lose one pound a week you will lose fifty two pounds a year. If you lose two pounds a week you will lose one hundred and four pounds a year. Imagine-- every year weighing one hundred pounds less than you do now!!

In my first year off of the road as a truck deliver driver I lost eighty five pounds. This year I intend to lose another forty to fifty pounds. Next year I intend to lose another thirty pounds.

OKAY--- Back to the calculator. Let's say you are 800 pounds right now. You can stuff your face with 10,400 calories every day and not lose a pound. Or---- you can cut back to 8,000 calories per day and lose 2 to four pounds a week (mostly water and some fat), after all the body is 78 percent water. Of course, you could gradually cut back on the sweets and eat and drink only 7,000 calories a day and lose a whopping 4 to 6 pounds a weeks. Now, don't scoff at four pounds a week!!!!

Let's take a closer look at this. Week One – 800 pounds. Week four- 784 pounds. Week eight- 768 pounds. Week twelve- 752 pounds. Week sixteen- 736 pounds. Week twenty-- 720 pounds. Week twenty four-- 704 pounds. Week twenty eight- 688 pounds. Week thirty two- 672 pounds. Week thirty six-- 656 pounds. Week forty-- 640 pounds. Week forty four-- 624 pounds. Week forty eight-- 608 pounds. Week FIFTY TWO-- 592 pounds. If you lose less than four pounds a week don't cry about it! Some weeks you might lose one pound. Some weeks you might lose five pounds. One to two pounds a week is really safe to lose and it gives your body time to adjust and flush out the fats that you are losing. JUST listen to those fat cells shrinking!

SLOW, STEADY, and SAFE. No great shocks to the system. No strenuous exercise. No operations. Cut back on your sugar and corn syrup intake gradually so you don't send your body into diabetic shock! Have a doctor monitor your weight loss to insure that the rate that you are losing weight is safe for your body. (Hospital (cardboard) food will really make you lose weight!)

\*\*\*\*\* Drink water and teas instead of soda pop, coffee or sugary sweet fruity drinks.

If you slip up every now and then, just get back on track. Don't try to make up for your mistakes. Just pick up where you left off. Miss a day or two? No big deal. Pick up where you left off! Miss a week or more? Get back on track eating right and reduce your exercise to one half of your last “work out”. Then gradually build up to a good long workout.

### **IF YOU WEIGH BETWEEN FOUR TO SIX HUNDRED POUNDS:**

STEP ONE: Do all of the items in the weight loss and exercise section, and I mean everyone of them! No cheating!!!

STEP TWO: Cut your calories back to 6,000 calories or less per day. Remember (to lose weight eat and drink only 10 calories per pound of your body weight).

STEP THREE: ADD this SAFE exercise to your exercise routine-- Raise your head and legs at

the same time and hold that position for one second. Start with one head and leg raise and add one head and leg raise every day. Increase the time that you hold the “lift” one second every day. On the seventh day take a break. On the eighth day start again where you were on the sixth day and so on up to fifty head and leg raises and up to one minute of holding a head and leg lift.

TAKE IT SLOW. Don't hurt yourself. Yes, this is painstakingly slow. SLOW WORKS BETTER. GIVE YOUR MUSCLES TIME TO ADJUST!

STEP FOUR: ADD this exercise---- Lift one arm and the opposite leg at the same time slowly. Slowly lower them and slowly raise the other arm and leg. Start with five “opposite lifts” the first day and add one opposite lift every day. On day seven take a break. On day eight start over where you were on day six. GRADUALLY increase the time that you hold the “lift” to ten seconds. Gradually increase the number of lifts to fifty for each set of opposites. Don't worry about the numbers. Concentrate on slowly stretching your muscles. The increased numbers will come. Patience, stamina, and endurance are built slowly like a brick house. One brick at a time.

HINT: An attempt counts as ONE. A completed lift counts as ONE.

Remember: SLOW AND STEADY WINS THE RACE.

Let's look at that calculator again.

Let's say you weigh Six Hundred pounds. You can stay fat and fluffy eating 7,800 Calories every day. If you cut back to 7,000 calories per day you could lose ONE POUND a week. If you cut back to 6,500 calories per day you could lose Two to Three pounds per week safely.

Now let's not think that two to three pounds per week is not much. At 250 calories per cookie, that's thirty six to forty two less cookies per week, or two dozen doughnuts that are not stuck to your sides.

**Starting Weight Six Hundred Pounds:** Week Four-- 588 pounds. Week Eight-- 576 pounds. Week twelve-- 564 pounds. Week sixteen-- 552 pounds. Week twenty-- 540 pounds. Week twenty four-- 528 pounds. Week twenty eight-- 516 pounds. Week-- thirty two-- 504 pounds. Week thirty six-- 492 pounds. Week forty-- 480 pounds. Week forty four-- 468 pounds. Week forty eight-- 456 pounds. Week fifty two-- 444 pounds.

Now one to three pounds is a GREAT weight loss. You may lose more, you may lose less.

Patience, stamina, and endurance ALL come SLOWLY.

SLOW and STEADY WINS THE RACE!

### **IF YOU WEIGH BETWEEN THREE TO FOUR HUNDRED POUNDS**

**STEP ONE:** Do everything in the Five to Six Hundred and Seven to Eight hundred weight classes. Don't cheat yourself out of these stretching exercises. Your muscles need to warm up before we put any stress on them.

NOTICE that we have not said anything about weight training, jogging, running, jumping rope, aerobics, power walking, jazzercise, or anything that may cause you to injure yourself.

SAFETY FIRST! If you hurt yourself, you will gain weight while you are recovering. You will then need to start all over again from the beginning and allow your body to slowly build back up to where you were before you rushed your stretching exercises.

SO PAY ATTENTION!!

**STRETCH before and AFTER every work out from this point forward!**

STEP TWO: STRETCH NUMBER ONE-- turn sideways and put one foot up on a chair arm or on the seat of a chair with your toe pointed upward. Point the other foot straight ahead.

SLOWLY lift the arm that is on the same side as the foot on the floor. Place the other arm on the

raised knee of the raised leg. SLOWLY bend and stretch the lifted arm and SLOWLY reach forward with the hand that is on the knee of your raised leg. SLOWLY. DO NOT BOUNCE!!! When you have reached the farthest “painless” stretch point, hold it for thirty seconds. YES, it will hurt somewhat. YOUR MUSCLES NEED THIS STRETCHING!!

STEP TWO – PART TWO-- Stretch the other leg the same way.

STEP THREE- Dress one layer heavier than the weather outdoors requires. If it is nice outside we are going for a short walk. Can't walk due to a handicap? You can roll, crawl, or maneuver your wheel chair. No power chairs though. That is cheating. **GET YOUR BUNS UP OUT OF THAT CHAIR!!**

**Clothes needed:** Tennis shoes, light jacket, t-shirt, sweatshirt, pants, underwear (of course), socks. As we add distance, prepare to sweat a little more. This is your fat melting, your muscles getting more toned, and the toxins being flushed out of your body! So relax, it's okay to sweat. If you don't sweat don't worry. We add distance you'll catch up with the rest of us. You don't need an expensive sweat suit. Okay, sweatpants if you want (red or maroon so traffic can see you). Gray blends in too much and I don't want you to get hit because some idiot driver did not see you.

STEP FOUR: We are going for a short walk. Start out your front door. Walk to the nearest corner. Walk back to your house or apartment. You can repeat this if you want, but just once. Every day walk out a little farther and walk back. Gradually build up to three miles, yes, I said miles! Why? The first mile your body will be warming up. The second mile your body will be burning calories faster. The third mile your body will be slowly cooling down. Don't walk for speed. Walk for distance. You should be able to walk three miles in an hour after a while.

**HINT:** You will be burning 300 – 400 calories every hour that you walk. That's an extra pound a week that you could lose plus the water weight loss. **Don't worry about running. It will be too much strain on your joints at this time. Trust me I know from experience.**

I started walking from the farthest corner of a truck stop parking lot and walking to the store and back. That's about a quarter mile. If you do that twice a day you have walked a mile. If you do that trip six times a day you can lose a lot of weight if you follow the step by step instructions in this book. I know what I'm talking about. I have already lost eighty five pounds and am still losing weight every week.

STEP FIVE: Keep a chart of your distance walked and your weekly weight. This will help keep you on track and keep you motivated.

STEP SIX: Walk six days in a row. On day seven take a break. On day eight start where with the distance that you walked on day six.

STEP SEVEN: Remember to do your stretching exercises before and after every walk.

Gradually increase the distance. Remember, one half mile out and a half mile back adds up to one mile. Increase the distance gradually. These gradual increases allow your muscles to adjust to the exercise.

**REMEMBER:** Patience, stamina, and endurance increase slowly. Don't be in a hurry!

Miss a day or a week due to illness or bad weather? Pick up where you left off. Yes, the first three or four days you will have some pain as the muscles regain their tone. Slow stretching and a warm shower after your walk will do wonders.

Let's go back to the calculator.

**Let's say you weigh four hundred pounds--** If you want to stay fat and round like Santa you can fill you face with up to 5,200 calories every day and stay fat like Santa. If you cut back to 4,000 calories per day you could lose between 2-3 pounds a week safely. So, let's take a look at that over a year.

**Starting at four hundred pounds.** Losing 2-3 pounds a week. Week four-- 392 pounds. Week eight—384 pounds. Week twelve-- 376 pounds. Week sixteen-- 368 pounds. Week twenty-- 360 pounds. Week twenty four-- 352 pounds. Week twenty eight-- 344 pounds. Week thirty two-- 336 pounds. Week thirty six-- 328 pounds. Week forty-- 320 pounds. Week forty four-- 312 pounds. Week forty eight-- 304 pounds. Week fifty two-- 296 pounds.

Now you may lose more or less than that depending on how regularly you walk and how many calories you eat and drink every week. A weight loss of two to three pounds a week is great. Even one to two pounds a week is good. Keep up the good work.

HINT: Weigh yourself on a digital scale three to four times a week.

### **IF YOU WEIGH BETWEEN TWO TO THREE HUNDRED POUNDS**

STEP ONE: Do everything that is in the other three weight loss categories.

STEP TWO: Start drinking less caffeinated teas and drink more herbal teas and water to flush out more toxins and fat.

STEP THREE: You have two choices; you can walk farther or begin riding a bike. **If you live in a city you need to ride your bike on a BIKE PATH not on the street.** Remember, safely exercise without injuries. Injuries will cost you pounds and pain. So be safe.

HINT: If you choose to ride a bike, start out SLOW and gradually build up to 5-6 miles. LOOK both ways before entering intersections. Most car drivers will not stop for you. Stay to the left side of the bike path when passing. Watch for people walking. Announce yourself before you pass someone to let them know that you are behind them. Choose a bike that fits your body, not just the cheapest bike. Make sure the seat is comfortable and that you have easy access to the brakes. BUY A BIKE LOCK AND USE IT!! BUY A SAFETY HELMET AND ALWAYS WEAR IT WHEN YOU ARE RIDING YOUR BICYCLE!! Be safe, not sorry.

**STEP FOUR:** If you choose to walk farther, congratulations. Yes, this approach takes more time, but very few people injure themselves walking. If your muscles ache, you can always slow down, or stop and slowly stretch your body out.

HINT: I started walking across the room in September of 2009 when I stopped driving trucks. Now I regularly walk six to eight miles non-stop. (I may take a five minute water break if there is a water fountain on my path that day). Today I walked seven and a half miles. I have walked up to thirteen miles in the past. That is half a marathon. Most runners can't walk that far because they have not built up their stamina or their endurance. On my walks I laugh at all of the runners with their sad faces. Exercise should make you feel better. I stretch out before and after a long walk. I take a warm shower after a long walk to relax my muscles. Follow my example.

At your weight range you should be able to walk three miles an hour easily. Every hour that you walk burns an extra pound of fat from your body every week. So keep it up. Those pounds add up quickly. The average person walks at a pace of three to four miles an hour at 430-650 calories burned per mile depending upon the speed that you walk at divided by 3,520 calories per pound. Bicycling burns about the same amount of calories at a pace of 5-6 miles an hour.

STEP FIVE: OKAY, starting at 300 pounds you can stay at that weight by eating and/or drinking up to 3,900 calories every day. To lose weight you can consume up to 3,000 calories every day. This is where your calorie counting skills really come in handy. Remember, one doughnut or cookie is about 250 – 300 calories. These are not vitamins. One candy bar is about 250 – 400 calories.

Hints: To cut down on your calorie intake eat smaller portions. Use smaller single serving bowls, smaller drink glasses, and eat slower. Also try not to snack after dinnertime. Those calories will not be burnt off by dreaming about walking in your sleep. Don't sabotage yourself!!

**You Can Do This!**



Don't stop when you are this close to the finish line. Keep going. One step at a time. One day at a time. One exercise and one stretch at a time. The pounds will come off if you keep going. I have faith in your determination to see a thinner and healthier you.

It is May 22, 2011. My current weight is 260. I gained some weight back over the winter and was delayed in my outdoor walking exercises through most of a soggy April and part of May. I walked almost every good weather day though. I am now walking between seven and eight miles a day several times a week on our local bike path. I cut out eating lunch altogether. I now eat less than 2,000 calories per day. The weight loss is going slower than I want it to, but every pound counts. I want to be down to near 215 by October of this year. That is forty five more pounds. I am now burning fat off of my stomach area. Two to three pounds a week is a great weight loss for this weight range.

Okay. Let's go back to the calculator.

**Starting out at three hundred pounds.** Let's say you lose two pounds a week safely.

Week four-- 292 pounds. Week eight—284 pounds. Week twelve—276 pounds.

Week sixteen-- 268 pounds. Week twenty—260 pounds. Week twenty four—252 pounds.

Week twenty eight-- 244 pounds. Week thirty two-- 236 pounds. Week thirty six-- 228 pounds.

Week forty-- 220 pounds. Week forty four-- 212 pounds. Week forty eight-- 204 pounds.

Week fifty two-- 196 pounds.

Okay, you are now under the two hundred pound mark. The weight will come off slower as your weight decreases. You may only lose a pound a week. This is where your PATIENCE, STAMINA, and ENDURANCE training pays off. You may be at your goal weight or you may want to lose more weight.

REMEMBER – To maintain your present weight eat and drink no more than 13 calories per pound of your body weight. To keep losing more weight, drop down to 10 calories per pound of your body weight.

Example: If you weigh 200 pounds eat no more than 2,000 calories every day to keep losing weight.

Take your time. Exercise and stretch six out of seven days and then take a day of rest. If you miss a day, pick up where you left off. Patience, strength, and endurance.

REMEMBER SLOW AND STEADY WINS THE RACE!! Keep up the good work!

**THE TURTLE ALWAYS WINS!!!!**

**WEIGHT MAINTENANCE**

Okay, you have lost the weight. Now you want to keep it off. Remember these two things. To maintain your weight you can eat and drink up to 13 calories times your body weight per day and maintain your present weight. To lose weight eat and drink up to 10 calories per pound of your body weight per day. You will lose one to two pounds of water and body fat – safely every week depending on your present body weight.

**Keep a chart of how far you walk every day and every week. Your goal should be to walk at least a little farther every day than you did the previous day.**

**My Walking Chart** (Cut and Paste This NOW!!)

**Today I Walked This Far:**

Post copies of this in two separate places where you live so that you will see it every day.

**Day One** \_\_\_\_\_

**Day Two** \_\_\_\_\_

**Day Three** \_\_\_\_\_

**Day Four** \_\_\_\_\_

**Day Five** \_\_\_\_\_

**Day Six** \_\_\_\_\_

**Day Seven – Rest**

**Day Eight** \_\_\_\_\_

Day Nine \_\_\_\_\_  
Day Ten \_\_\_\_\_  
Day Eleven \_\_\_\_\_  
Day Twelve \_\_\_\_\_  
Day Thirteen \_\_\_\_\_  
Day Fourteen- Rest  
Day Fifteen \_\_\_\_\_  
Day Sixteen \_\_\_\_\_  
Day Seventeen \_\_\_\_\_  
Day Eighteen \_\_\_\_\_  
Day Nineteen \_\_\_\_\_  
Day Twenty \_\_\_\_\_  
Day Twenty One – Rest  
Day Twenty Two \_\_\_\_\_  
Day Twenty Three \_\_\_\_\_  
Day Twenty Four \_\_\_\_\_  
Day Twenty Five \_\_\_\_\_  
Day Twenty Six \_\_\_\_\_  
Day Twenty Seven \_\_\_\_\_  
Day Twenty Eight – Rest  
Day Twenty Nine \_\_\_\_\_  
Day Thirty \_\_\_\_\_  
Day Thirty One \_\_\_\_\_  
Rinse and REPEAT.

Take your time. Enjoy the freedom of walking.  
Listen to the music of life that is around you. It's  
everywhere around you.

This year I feel so good about keeping my winter weight gain down to fifteen pounds that I have decided to walk 5k charity walks and gradually work up to 10 k walks. I still have quite a ways to go to meet my goals, but steady as she goes. One step at a time.

I recently walked 8.8 miles mostly uphill in preparation for a local 5k walk. It was wet and rainy on the event day and never got above fifty degrees. I did not walk in that event. I felt bad about it only because I had prepared myself mentally. But I was glad that I knew that I could walk that far if I had wanted to. A 5k walk is around 3 and 1/10th miles and a 10k walk is obviously double that distance – 6 and 2/10ths miles. My 5k time was forty five minutes walking uphill. I am not going for speed; I'm going for distance and endurance. The turtle wins the race. Don't get discouraged. There will be banner weeks and bad weeks. Don't let the weather get you down.

**Stay safe.** When you are walking in the country or on any road walk facing oncoming traffic. Wear light colored clothing so they can see you. Be aware of what is going on around you. Stretch out before and after a walk over half a mile. If you feel pain take a slow warm shower and slowly stretch out again.

Be patient. Change takes time. By following this plan you will gradually lose weight and keep it off. If you start to gain weight again, start walking again and put down those doughnuts and snack cakes. You do favors for your friends don't you? Do this favor for yourself. NOW, I SAID, “PUT THOSE COOKIES, DOUGHNUTS, and SNACK CAKES DOWN, and walk away”. Don't look back!!!

Take a look in the mirror. Are you happy with the way that you look? Are you happy with how much you weigh? Take the weight off slowly and safely by walking your buns off. When you run out of belt notches to tighten your belt, punch two new holes in it. I have made four new holes in my belt since I bought it. This year I plan to make at least three more punch holes in it.

## Chapter 5

### Dealing With Reality Over The Long Haul

This is my final chapter in this book. I could pad it more, but it wouldn't help. If you've decided that your life won't get any better by now, wait until next week to kill yourself. Life goes on with you or without you, you decide. Your life isn't as bad as you think. At least you're not in prison. Maybe you are. But how long you stay in prison depends entirely upon you. Your life will continue to suck only as long as you wallow in the mess that your life has become. When you decide to get off of the couch and get on with your life, your life will improve. Get outside, get involved with other people. Talk to strangers. Talk to your family. Let them know what they mean to you. Share your feelings with them. Volunteer your time and services to help someone else out. Go to your local library and check out some books. There is life outside of your living room. There is life outside of your house or apartment.

Psychologists have many ideas about what they think you are going through, but they don't know the half of it. Life is tough. Only those that keep going make it through. Remember the Donner Party? Some of those that stay behind and wait for better weather get eaten. Don't stay behind, keep moving. Even if you only apply for one job a day, get your resume out there. Check those job websites every day. Check into going back to school.

Sitting in front of your television set is not living, it's existing. The difference is that you can't make a difference in your life or anyone else's life sitting on your buns!!! So, get off of them. Get on with your life. You have my permission to cuss me out if it doesn't turn out the way you want it to. I'll take the credit and the blame for getting you off of your iceberg.

Now get moving. It doesn't matter what choice you make, just get out the door and do something that will make your life a little better every day. Be careful. You just might start enjoying yourself. You might start liking yourself again. Look in the mirror, your best friend in the world is staring back at you. You need to realize that the only person that you can depend on is yourself. Life is hard. Stick to it. Develop a plan of how you want your life to play out from here on. Take step in that direction, and keep focused on your goal. Help others along the way. Be kind to strangers. Be nice to yourself, your friends, and your family.

When I started writing this book, I thought my life had ended, or was going to end soon. I was depressed, lonely, bored, horny, hungry for love, angry, frustrated, and pissed off at

the world and every one in it and on it. Now, I'm ready to move on. I have a plan for my life. It includes helping as many people as I can make their lives better. Maybe you're not as generous as I am. That's OK. Neanderthals survive too. There's a reason why the toes on your feet point forward. Move where they are pointing. Set a short term goal. Take a step towards that goal EVERY DAY, even if you don't feel like it. You can't win at the game of life if you don't play.

**Get Off The Bench and Get in There and Play Your Heart Out!**

**-The End -**

-

**As of this publication my current weight is 264 lbs.  
and going down 2 to 3 pounds a week. 5/26/11**

P.S. I hope this book has helped you. It's short because life is short. If I kept writing it, I would miss out on what's coming next. Life goes on. The weather of your life will change. The measure of a person's life is how many other lives they have helped along the way. Remember to share the lessons that I have shared with you. Now, point those feet forward and Get Your Lazy Buns Off of That Couch!!!

The Author, Mark Winkle, can be reached at [markwinkle2003@yahoo.com](mailto:markwinkle2003@yahoo.com). The author is available for speeches, conferences, and interviews.

Other books by Mark Winkle

The Book of Truth Volume One

The Book of Truth Volume Two

A Crooked Nation (How to Fix the United States)

A Nation of Hope

Mohammed, This Is What I Really Meant - God

Becoming a Better Christian

**All of these books are available in PDF format.**

## About the Author

The author was born in New Carlisle, Ohio. He was one of five children. He was brought up in an environment that made him think, "If this is all there is, I want to go back and start over". He has never stopped finding the humorous side of almost everything much to the embarrassment of those around him. He writes humor, satire and "this is what's broke and this is what you need to do to fix it" books. His story telling is bold, blunt, hardnosed, and honest till it hurts. "That's just the kind of guy that I am." He loves to love, and he loves to laugh. He has written six other books and always has one or two in the writing process. He believes that if he has learned anything in his life it is this, "Life is too short to run after money" and "Having knowledge without sharing it, is like playing an instrument and no one ever hears the music but you".

About the cover: I looked all over four different cities and towns for the ugliest couch that I could find to put my BUNS on and take a picture of. I couldn't find a bakery to make buns the size that you would find on a four hundred pound truck driver. Mandie suggested that I use a toy couch, but even a toy couch could not be found. Thank you Mandie for kicking me in the buns to get me thinking outside of the bread wrapper. You thought I was going to say box, didn't you? Thank you Adobe Photoshop for your great computer program.

P.S. Thank you Mandie from Schuler's Bakery on Main Street in Springfield, Ohio for showing me kindness and joy in the trying time of finding a suitable couch for the front cover. Without your joking with me and your patience and kindness I may have never had a picture on the cover of this book. I would still love to spend my life with you as my friend, and someday as my wife. You are the most beautiful woman that I have seen in a long time. When I am near you I lose track of my thoughts. I try to tell you how I feel and my mouth won't work. I think of you all of the time. I know that I'm still overweight. I am losing more weight every day. All I ask is that you give me a chance to make you happy. My dear reader, Mandie is the nicest, friendliest, and most beautiful doughnut counter lady in the world. She doesn't think that she is good enough to be my friend and wife. Please let her know how I feel about her. Maybe this Christmas I will have something to celebrate and someone to celebrate it with.

Creative Commons License:


Non-Commercial Use ONLY. NO RESELL. ALL VIOLATORS WILL BE PROSECUTED TO THE FULL EXTENT OF THE LAW. THIS MEANS YOU!

NO DERIVATIVE USE, (SEE ABOVE WARNING)! I'M SERIOUS. Fair Use rules apply. After that, I will prosecute you. Fair warning!

Copy it, pass it around, but don't let me catch you selling any part of it, EVER. You will make NEW friends if you do. No retail, no sales, fundraisers by permission. Don't put any part of it in your own book without giving me full credit. Plagiarism will land you in the pokey where you will get poked! It won't be funny then.

**TEACHERS, PRINCIPALS, PROFESSORS :** PUBLIC and PRIVATE SCHOOLS

Copy limit 200 copies with no additional permission. If for a school, email me at [markwinkle2003@yahoo.com](mailto:markwinkle2003@yahoo.com) or [Winklepublishing@gmail.com](mailto:Winklepublishing@gmail.com) on your school letterhead signed by both yourself and by your school's principal.

<http://creativecommons.org/licenses/by-nc-nd/3.0/>  <http://i.creativecommons.org/l/by-nc-nd/3.0/88x31.png>  
 <http://purl.org/dc/terms/> <http://purl.org/dc/dcmitype/Text>  
 property="dct:title" rel="dct:type">Get Your Lazy Buns Off of That Couch!</span> by [winklepublishing@gmail.com](mailto:winklepublishing@gmail.com)  
 property="cc:attributionName" rel="cc:attributionURL">Mark R. Winkle</a> is licensed under a [Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License](http://creativecommons.org/licenses/by-nc-nd/3.0/).<br />Permissions beyond the scope of this license may be available at [markwinkle2003@yahoo.com](mailto:markwinkle2003@yahoo.com) [markwinkle2003@yahoo.com](mailto:markwinkle2003@yahoo.com).