

[MUSIC PLAYING]

I can't be carrying around this extra weight anymore. I think there's too many medical red flags for somebody who's obese, as far as heart disease, diabetes. So it's time to take some of it off.

I know that I can definitely tell that my pants fit better. So that's good.

It feels definitely noticeable. It's encouraged me to see where I can be in another week.

I'm done the last notch on my belt. So I'm probably going to have to get a new belt, hopefully, sometime soon.

My biggest challenge now in the immediate future is going to be to try to find some clothes that fit, so that my pants don't fall down.

[LAUGH]

Energy levels have definitely gotten better. I'm definitely sleeping better at night.

This particular shirt was given to me by a place I used to work. I've never been able to wear it. I probably should have thrown it away. But I put it in a closet, and now it fits.

It is getting a little bit strange, because there are some people who I don't see very often. One of them, the other day, didn't recognize me. And he looked at me and he said, you look younger.

As far as cravings go, I think I may have turned a corner. Lately, I've been craving things like grilled chicken breasts, and carrots, and things that I would just never ever crave, you know, real food.

I had some blood drawn. And the numbers are significantly better. I still probably have to watch this as I move forward. But that's a significant victory, I think, to get out of the diabetic range, into the normal range just from diet.

I've lost six inches in my waist. And I remember once I heard that for every 10 pounds you lose, you lose an inch your waist. In my case, that happens to be pretty accurate.

That's my biggest source of pride moving forward is that I had some health issues or at least some lingering or potentially serious health issues, that now, even though I'm not out of the woods, I know that losing that weight really-truly made a huge difference in my overall health.

My journey is not over. I think it's going to be a lifelong thing.

