



In May of 2003, I weighed 246 pounds and had ballooned to a size 44 pants. In the past I participated in sports events and considered myself to be a recreational athlete. However, in my late 20s I allowed the strong demands of work, some minor injuries, and a long commute to let my weight skyrocket.

I was suffering from a poor self esteem, and couldn't even run a half mile without getting winded. This was especially discouraging to me since at one time I completed a marathon.

There was a moment of truth when I purchased the pants above in order to speak at my grandfather's funeral. It was then that I decided enough was enough. I resolved the foot injury, got a new job and started on the path to permanent weight loss. Now I have been able to successfully keep off 50 pounds and comfortably fit into size 36 pants.

In June of 2005 I was able to enter the worlds most challenging bike race. It is called *Race Across America*. In this two person event my partner and I traversed the United States in 9 days 14 hours. If it were not for my commitment and determination to change I would not have been able to accomplish this incredible feat.

The above pictures show the progression of my fitness. The first one, top left, shows me when I weighed 246 pounds. The second one shows me after I had initially lost all the weight. The third picture shows me in June of 2005 at the start of the Race Across America.

My goal in sharing my personal experience is that perhaps it will inspire someone else. If I can do it I know anyone can.



Matt Mason
Life Coach

Copyright 2005, Matt Mason. All rights reserved. Matt Mason is a personal and professional coach. He works with business owners, professionals, executives and others to achieve their personal vision of the future. Matt is like a spring-board for his client's success. To receive a free consultation call 262.745.4000, email matt@EndGameCoach.com or visit www.EndGameCoach.com