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WEIGHT NO MORE - COMMIT TO YOURSELF

# JUST FAT!

OVERCOMING THE PSYCHOLOGICAL  
AND MENTAL OF BEING OVERWEIGHT

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## I didn't recognize myself.

When faced with problems, I always take pride in finding solutions. If you're resilient and resourceful, I'm sure you can relate.

While problem solving can be challenging, I've learned that identifying an issue can be even more difficult.

For example, have you ever run into an old friend but not recognize him or her because so many years had gone by? Now imagine that same feeling when looking at an old picture of yourself when you were seventy pounds overweight.

Sound crazy? Well, I've experienced both feelings and I can tell you they're equally humbling. However, the latter is much harder to accept than trying to remember an old friend's name.



## Seven pounds ...

I remember it clearly, it was 1988 and I was an athletic, 190-pound college football player. I felt and, if I must say, looked great.

Over the next decade, I worked hard, played hard and ate well! However, I soon realized that I wasn't in control of my own life. Within ten years of hanging up my cleats, I tipped the scale at 260 lbs.

How did this happen? When did this happen? And, why did this happen?

My weight gain was slow and steady, so I saw my body changing but I was almost oblivious to how different I looked and felt. However, the numbers don't lie. For ten years, I gained about seven pounds a year, so by doing some simple math, you can see how I gained seventy pounds and went from 190 lbs. to 260 lbs.

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## Hiding Inside

After realizing I was severely overweight, unhealthy, and not liking how I looked and felt. You would think I was ready to make a change, right? Nope, you're wrong. Looking into the mirror wasn't enough to get me to instantly change my lifestyle. However, all hope wasn't lost.

I knew there was a slim, 190 lbs. man beneath my 260 lbs. frame, but I had to put in some serious work if I wanted to see him again. To achieve this, I needed to change my life by doing things that I had never done before. I knew there were several weight loss programs in the marketplace, but my challenge was finding a solution that was just right for me.

## Wellness is a journey, not a destination

Over the following years, I started and stopped various weight loss programs. Fortunately, I was losing weight, but I still needed a sustainable program that worked for me.

By 2019, I was down to 210 lbs., so I hired a trainer to give me an extra boost. Over six months, I gained muscle, but I didn't lose weight so I decided to move in a different direction.

About six months later, I began following a vegan-inspired diet. While I didn't become a full vegan, I did stop eating dairy products and switched to using almond milk. I added more fish, fruits and vegetables to my diet, stopped eating pork and only ate steak and chicken in moderation. I also purchased an air fryer that I used to cook all of my meals.

## Back where I belong

After taking ownership of my diet, I was introduced to HOTWORX, a sauna-based workout that uses infrared heat to increase the intensity of your workouts. Inside, I rode a stationary bike in 125-to-130-degree heat. In five short months, I was down to 183 lbs.

After going through a complete body transformation, I was proud of how I looked but I wanted to add some muscle so I joined NPC Georgia Premium Bodybuilding, an organization for professional body builders as well as people looking for customized training plans. While here, I learned the importance of hydration for weight loss, so I began drinking one gallon of water per day. I also learned about how to eat the right foods when training.

It took a while to put together all of my learnings and mold it into a system that worked for me, but I finally got there. By leaning into my resiliency and resourcefulness, I was able to change the course of my life and push myself along the path to personal wellness.

## Lessons Learned

The process of making a life changing decision to improve my health was not easy. It shouldn't have taken as long as it did for me to take control of my life, but taking this journey taught me valuable lessons that I can proudly share today :

- ✔ Pay greater attention to my health
- ✔ It requires mental toughness to make significant change
- ✔ It is important to find the right formula for success
- ✔ Set goals, large and small
- ✔ Develop a wellness strategy
- ✔ Put in the work
- ✔ Measure the progress
- ✔ Make corrections when needed
- ✔ Seek out an accountability partner
- ✔ Celebrate all wins, large and small