

**I DID IT!**

**SO CAN YOU!**



**BY DAN MCNEIL**

## **I Did it, So Can You!**

By Dan McNeil

November 2008, one week before Thanksgiving I embarked on an adventure that would as of today lead me to 70 pounds of weight loss. Each week I hear from numerous people that I look great and many of them want to know what I am doing or what diet plan I used. After some prayer and consideration, I am going to share with the world all of my weight loss secrets. The truth is these secrets are not really secrets at all.

Before I get into how I lost weight and how I plan on maintaining my weight loss, I am going to share why I lost weight.

My health has always been good. Even though I have suffered some joint pain, mostly in my knees and foot, I haven't suffered any other real health

problems. Even while living at an obese weight I have been blessed with what most consider good health.

In the past I have tried many diets and exercise programs to take off the pounds. My goal was to simply look better and possibly have more energy. All of these diet plans worked while I was on them. As soon as I would make some real progress, I would find myself at a party or picnic and then back to eating and eating and again eating. I could not get myself interested or fired up about going back on the diet plans, so I would continue on with my lifestyle of unhealthy eating.

I can't even count the number of times I have asked God to help me lose weight. Each time I would ask Him for help, I would start the day with a sensible meal and continue from there down the slippery slope of unhealthy eating. By the end of the day I end up repenting and trying again the next day, only to repeat this pattern each and every day tried.

So what is different this time?

There are several things that started this train in motion. First was the announcement in August 2008 that I was going to become a grandfather. The news was somewhat shocking but at the same time so wonderful and joyous that I couldn't contain myself. I shared with everyone I knew, and didn't know.

After about a month, some reality sunk in. Once my grandson is born, he is going to have a young grandfather in his 40's whom he will run into the ground while playing. Of course there is no way any adult even in perfect condition is ever going to keep up with a child, I had no fighting chance.

Next was the fact I was also going to have a new son-in-law who enjoys the outdoors and hunting. I really wanted to participate in these activities with him for many years to come. Even though my health is good,

I have to ask myself, how long can I live weighing this much and continue in good health?

I started to seek God concerning this. I again started to pray and ask God to help me lose weight. This again just brought me to that endless loop of starting off good in the morning and ending up eating everything in sight by the end of the day. It just didn't seem like God was helping me or taking any interest in my losing weight.

Then a week before Thanksgiving the revelation came. While praying to God, not even thinking of losing weight, I was thanking Him for how great things are. Thinks like the call on my life is starting to be realized. I was going to have a beautiful grandson and new son-in-law. It just seemed everything was going perfect and I was on top of the world.

God stopped me and said, "it's time to make changes again".

I knew exactly what He wanted me to do. I have to change the way I eat.

Our Heavenly Father is so loving that He didn't condemn me, but showed me in a loving way that I have an eating disorder. He showed me that I have a food addiction. Just as any other substance addiction, once you start with just a little, you tend to increase and increase until it over takes you. Food was doing this to me. Only difference between this and most addictions is that I need to eat to survive. You cannot quit food.

I asked God to remove this addiction and He said no, "My grace is sufficient for you".

I have heard those words before. Paul when asking the Lord to remove the thorn in his flesh said those very words to him. 2<sup>nd</sup> Corinthians 12:9

It was then I knew I would have to live with this addiction all of my life. I also knew that I would have to overcome this addition and show God's strength, or greatness in my weakness.

The decision was now mine. I had a choice to make. Continue to live eating the way I do, destroying my body, the temple of the Holy Spirit, or change my eating habits, taking better care of my body, worshipping Him and living as a testimony to God's grace toward us.

I bowed before Him and with resolve, chose to live for the God of my salvation.

It is important to understand why we do things often before we go and do them. If we are serving someone or something greater than ourselves, we find that doing the very difficult can become much easier. God is the greatest of all of the greatest. In making this sacrifice for Him, I find that even with this being as

difficult as it is, all things are possible to him who trust in the Lord.

Now that I have established that I am going to have to sacrifice and fight my flesh in order to worship God, I need to understand what it is I can do to make the changes I need to make.

Since I realize God's grace is a huge part of my weight loss, I decided to take it in steps and create realistic goals. Knowing the holidays were coming up, my initial goal was to lose 1 pound a week, with the hopes of just maintaining my weight throughout Thanksgiving and Christmas. This seemed like a tough enough battle.

To understand how this is possible I first had to understand myself. Since this was a change I needed to make for the rest of my life, I need to be able to live with this change. One thing I knew right away is that I hate exercising.



All of my life, mostly in my younger years, I have been involved in some sort of sports. I have played soccer, lifted weights, swam, studied martial arts, biked, coached soccer, and played various other sports here and there.

Being involved in these sports allowed me to eat large quantities of food and either maintain or even lose weight. The problem is, once you hit your mid 40's, not many sport teams are knocking down your door asking you to play with them.

In addition, I have a very busy lifestyle. This allows me very little time to exercise or participate in individual sports such as martial arts or biking. Knowing I wasn't going to be getting much exercise, I needed to put together a plan that would enable me to live a busy life and still lose weight.

Another thing I had to learn is that it will be totally impossible for me to live on salads and eat lots of fruits and veggies the rest of my life. I simply do not like those kinds of foods much. I rather eat junk foods. Burgers, fries, pasta, ice cream and stuff like that.

This presents a huge problem. I needed to find a way to improve my intake of healthy foods and reduce my intake of unhealthy foods. Keeping in mind I am not only losing weight as an act of worship to my Lord, but also improving the healthiness of what I eat.

I started to think of what foods I like. I needed foods that were lower in fat, carbohydrates and calories. I found there were quite a few foods I liked and even ate regularly that fit these requirements. Green beans, fish, chicken, turkey and several others. I also had to ask myself being completely honest, can I give up eating cheeseburgers, pasta and ice cream the

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

