

TEXAS MAGIC ZONE

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 02-03-2014, 10:46 AM

#8225

blake31678

pitchslapped

ContributorModerator

blake31678's Avatar



Join Date: Oct 2008

Posts: 14,368

Rep Power: 3176823



Re: Blake's Blog

Found a dead mouse in the laundry room trash can the other day...lol. Got in somehow, but couldn't get out. Sucker.


Ok, so Health Kwest. 10k on the line - I want it. "Bulking up" over the next week by eating terribly and drinking as much water as I can for the weigh in, then it's strict diet and exercise.

Going to start with the HIIT stuff to see how I like it - it seems like I can customize it however I want - maybe work out during lunch at work, and then after the kiddo goes to bed and get lots of benefit that way.

Anyone have a good nutrition plan that they like?

Also, anyone have any thoughts on supplements that could aid in the goal? (Nothing illegal obv, just looking to get any competitive advantage possible, and sometimes supplements are calorie free help in getting through the workout, or for energy while I'm shifting from high cal to low cal, etc.)

Thanks for any tips you guys might have!

Feel free to follow me on twitter @blake31678 if you're interested. 

 02-25-2014, 08:43 AM

#8249

[blake31678](#)

pitchslapped

ContributorModerator

blake31678's Avatar



Re: Blake's Blog

definitely inflated numbers due to water, etc. Drank water all morning + 4 bottles before going into the weigh in probably accounts for at least 10-12 lbs of it.

 02-26-2014, 02:13 PM

#8268

[blake31678](#)

pitchslapped


ContributorModerator

blake31678's Avatar



Re: Blake's Blog

I took one one day and then forgot and took one the next day. I was cooking breakfast for the boy when I thought the stove was really hot. Then my hands and wrists started tingling and turning red, and I looked in the mirror and I was lobster red like I'd been out in the sun for WAY too long. I took some ibuprofen as an anti inflammatory, set the kiddo in front of the TV, drank a bottle of water and started working out. Drank heavily throughout the entire workout, then took a cool shower and was good to go. Scared me for a minute though.

 02-26-2014, 02:23 PM

#8270

[blake31678](#)

pitchslapped

ContributorModerator

blake31678's Avatar



Re: Blake's Blog

Yeah, the feeling the first day was phenomenal - I couldn't stop moving at work, had tons of energy - I just fucked up by taking one two days in a row on accident. Won't make that mistake again.

I thought at first it was screwing with my Claritin D, but just too much too soon...lol. Claritin probably didn't help though.



02-26-2014, 08:19 AM

#8253

blake31678

pitchslapped

ContributorModerator

blake31678's Avatar



Re: Blake's Blog

Thanks man, we'll see - btw, if you guys ever take a thermogenic called Synedrex, do NOT take one per day. One every other day is just fine. lol.



03-10-2014, 12:58 PM

#8273

blake31678

pitchslapped

ContributorModerator

blake31678's Avatar



Re: Blake's Blog

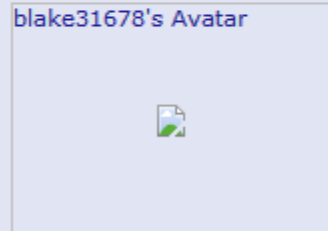
Ok, so first weigh in is on Wednesday. There is a secondary prize for the most weight lost in the 2nd half of the competition. What's the play here?

- 1) Get down as much as possible for the first weigh in so I can crush dreams/spirits and hopefully be so ahead that some people will quit?
- 2) Fill up on water, go late in the day so I weigh as much as possible for this first weigh in to give myself a better shot at the second chance prize?

Join Date: Oct 2008

Posts: 14,368

blake31678
pitchslapped
ContributorModerator



Re: Blake's Blog

Right, no prize for 1st half.

Rules are here if anyone wants to read:
<http://healthkwest.genghisgrill.com/home/rules>

lordofnight991
I'm a lawyer.
Repeat Contributor



Join Date: May 2010
Location: Houston
Posts: 6,148
Rep Power: 4795940

Re: Blake's Blog

Quote:

Originally Posted by **blake31678**
Right, no prize for 1st half.
Rules are here if anyone wants to read:
<http://healthkwest.genghisgrill.com/home/rules>

This is a ghengis grill competition? Wow.

Ridiculous.

Show



03-13-2014, 06:19 AM

#8292

blake31678

pitchslapped

ContributorModerator

blake31678's Avatar



Join Date: Oct 2008

Posts: 14,368

Rep Power: 3176823



Re: Blake's Blog

I know it's random, the sugar cookies at McDonald's are ridiculous. Fries were also a factor - I <3 ChickFilA, but their fries are meh. Almost chose Sonic for the soda/ice cream fix, but decided I was in the mood for cookies as my cheat. Clean eating from here on, though.

And yes, I will be doing boxer/fighter level of unhealthy things the last couple of days before the weigh in to rid my body of as much water weight, etc. as possible.

Allen - sort of legal question - I know the answer is probably yes since Genghis owns the contest, but can they really just refuse to inform the contestants of how their formula works for the weight loss portion of the points? How am I supposed to play the game properly if I don't really know all the rules? What's to stop them from picking a winner based on who they like in the pictures rather than whoever's losing the most weight?



03-13-2014, 10:47 AM

#8294

blake31678

pitchslapped


ContributorModerator

blake31678's Avatar



Re: Blake's Blog

LOL - I will need at least a year break from eating their food after eating it every day for 60 days.

 03-13-2014, 11:14 AM

#8295

[blake31678](#)


pitchslapped


ContributorModerator

blake31678's Avatar



Re: Blake's Blog

And thanks for your thoughts - kind of confirms what I thought to begin with when I first read them as well. Ah well, still a reasonable shot at 10k and I'll lose weight in the process. I'll try to look cute in all the pictures so they pick me. 

 03-18-2014, 08:12 PM

#8300

[blake31678](#)

pitchslapped


ContributorModerator

blake31678's Avatar



Re: Blake's Blog

Third place after the first weigh in, only behind first by 58 points. (1855 to 1797).
I got this shit.

 03-20-2014, 05:34 PM

#8303

[blake31678](#)


pitchslapped

ContributorModerator

blake31678's Avatar



Re: Blake's Blog

I thought the momentum would stop, but I've still been losing 1-1.5 lbs per day. Never letting my body get used to anything - 0 workouts some days, 1 workout some days, 2 workouts some days. Always down on the scale. Pretty sweet deal, I thought I'd plateau pretty hard after the first month - maybe I'll fit in my pre-pregnancy jeans later this month. 

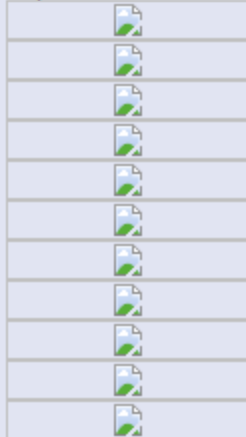
blake31678

pitchslapped
ContributorModerator

blake31678's Avatar



Join Date: Oct 2008
Posts: 14,368
Rep Power: 3176823



Re: Blake's Blog

Ok, here's the deets on what I'm doing - I shouldn't have said anything, plateaued over the weekend, but we'll see what happens back in the routine of things starting today. (It's so much easier to be healthy at work...lol)

- First thing before shower: Take supplements (right now it's something called Ripped Juice (I think) and Garcinia) with an entire bottle of water.

- Breakfast around 5:30am - protein powder in water (120-150 cal)

- V8 low sodium at 9am -

- Head to the gym before lunch so I burn fat instead of lunch - 30 mins of treadmill/elliptical.

- Lunch is either Tuna salad (tuna, olive oil, mustard, sweet relish) or chicken salad (shredded chicken, avocado, salsa, garlic salt, lime juice) and 3 celery sticks

- (sometimes a Monster Rehab in here somewhere (20 cal))

- Apple at 3pm

- Dinner is Genghis bowl 6pm - chicken, green beans, bean sprouts, bamboo shoots, snap peas, squash, zucchini and cabbage as the starch only eat until I feel full, rarely half of the bowl.


- NOTHING after dinner to eat. Water, water, water to drink. Sometimes I put some of that Mio/Dasani flavor crap in my water after dinner to curb the sweet cravings.

- Workout after kiddo goes to bed - ~8:30pm - either HIIT or 30-45 mins of cardio. Also helps boost calorie burning before I go to bed and everything slows down significantly.

Mio/Dasani flavor crap in my water after dinner to curb the sweet cravings.

- Workout after kiddo goes to bed - ~8:30pm - either HIIT or 30-45 mins of cardio. Also helps boost calorie burning before I go to bed and everything slows down significantly.

I'm fortunate that I don't mind eating the same things every day, also, using veggies as my carbs instead of any type of bread is probably helping too. And yes, losing muscle mass, fat, whatever I can. Plan is to work on being "healthy" after the contest, but for now, I'm just focusing on losing everything.

Will definitely be manscaping before the weigh in - not to the point of shaving my body, but .5 lbs of hair is still .5 lbs. 


Feel free to critique my plan, or offer suggestions to bust the plateau (will be googling some later too for more tips) other than eating badly - got three weeks to go, would like to try and do it without cheat meal, but may have to this week if the weight isn't going anywhere. Tweaked my back a little last night moving the play table I built for the kiddo, so workouts may be tentative the next couple of days, but I'll just take it easy.

Doing little things to burn calories too - like if I know I'm going to be at my desk a while, I'll lift my feet off the floor. After a little bit, you feel the burn in your lower abs. Whatever keeps the body working/burning.

Will be starting water pills April 1 - don't really know how they work, but have had tips on them from multiple sources (it's only for short term water loss right before the weigh in, not a long term solution).

Last edited by blake31678; 03-24-2014 at 06:46 AM.



 03-24-2014, 08:28 AM


#8313

[binger](#)


You know who this is
Contributor

binger's Avatar



 **Re: Blake's Blog**

Quote:

Originally Posted by **lordofnight991** 
I've done 40 hour fasts before (for awareness/fundraiser type things) and they aren't bad. Basically once you get past hour 20, it's easy, at least for me.

I never liked breakfast so it's been easy for me too. I'll fast from dinner to dinner about once a week.


 03-24-2014, 10:22 AM


#8314


[blake31678](#)

pitchslapped
ContributorModerator

blake31678's Avatar

 **Re: Blake's Blog**

May be willing to attempt 1-2 days, but with the water depletion I may be playing with fire, and even \$10k isn't worth dying in a fiery car crash on the way to the weigh-in. 

 03-24-2014, 10:32 AM


#8316

[blake31678](#)


pitchslapped
ContributorModerator

blake31678's Avatar



 **Re: Blake's Blog**

Plan for the last couple of days is no dinner the night before, workout without replenishing fluids the night before, workout that morning before the weigh in, sauna before the weigh in, and try not to die of dehydration on the way to the weigh in.

Gatorade and candy bar or something to replenish the blood sugar once I get back in the car after the weigh-in. 



03-24-2014, 11:53 AM

#8319

[blake31678](#)

pitchslapped

ContributorModerator

blake31678's Avatar



Re: Blake's Blog

Fair enough - I'll be looking into cutting cycles that bodybuilders/boxers use to trim down before a weigh in. I don't plan on **really** getting dangerous with things - if I feel in any way close to passing out that last day, I'm hitting that gatorade.



03-24-2014, 12:02 PM

#8320

[binger](#)

You know who this is

Contributor

binger's Avatar



Re: Blake's Blog

The only reason I'm suggesting it is I've never tried the workout and not drink water thing. Plus I find fasting easy. If you have the will power to lose that much weight, then you have the will power to not eat for 2 days.



03-24-2014, 12:18 PM

#8321

[blake31678](#)

pitchslapped

ContributorModerator

blake31678's Avatar



Join Date: Oct 2008

Posts: 14,368

Rep Power: 3176823




Re: Blake's Blog

Quote:

Originally Posted by **binger**



The only reason I'm suggesting it is I've never tried the workout and not drink water thing. Plus I find fasting easy. If you have the will power to lose that much weight, then you have the will power to not eat for 2 days.

Agree to disagree on this one - losing the weight while still eating only seems like more discipline rather than willpower. It will take some massive willpower to not eat at all. Will check into it though, as I'm sure fasting to a point has it's merit for weight loss. I've also seen where your body starts to conserve fat as a result of going into starvation mode, so I'll have to learn more about it all and make my decision at that point. 

03-31-2014, 03:06 PM

[blake31678](#)

pitchslapped

ContributorModerator




Join Date: Oct 2008

Posts: 14,316

Rep Power: 3176822



 **Re: Fitspo**

Hope I don't have to do a bunch of publicity crap if I win...lol. I just want the check.

#10kproblemsthatIdon'thaveyet

04-08-2014, 06:18 AM

#8359

blake31678

pitchslapped
ContributorModerator

blake31678's Avatar



Join Date: Oct 2008
Posts: 14,368
Rep Power: 3176823



Re: Blake's Blog

Three more days - cue the dehydration prep. Only 1 gallon of water today, and 50%ing it over the next couple of days combined with hot bath/sauna, etc. Would be happy shedding 5 more lbs of water weight, but I'm ecstatic with the progress thus far.

If their scale is close to mine, should be close to 80 lbs lost. Estimating 60 of it was really me, the other is water I put on for the first weigh in + water I lose for the last weigh in (that I will be more than happy to put back on in the 24 hours following the weigh in on Fri morning).

Interesting reading on how the MMA fighters do it and the pros can lose up to 20-30 lbs the week before, and then put it all back on in 24 hours so they don't lose any of their strength, etc.

04-09-2014, 02:55 PM

#8363

blake31678

pitchslapped
ContributorModerator

blake31678's Avatar



Join Date: Oct 2008
Posts: 14,368
Rep Power: 3176823



Re: Blake's Blog

2 gallons on Monday - got through it, but it was a LOT.

1 gallon yesterday - had to ration by the end of the night, which is good because it means I would typically drink more than a gallon of water each day.

Only 1/2 a gallon today - feel like I'm in slow motion. Funny how the human body works sometimes.

Not looking forward to tomorrow, where I get to have the equivalent of about 2 water bottles worth of water for the entire day.

(And no, not going crazy with it, it's mainly just an experiment to see if I can get it to work - if I start to feel faint or dead, I'll drink some water, obv.)



04-10-2014, 10:49 AM

#8369

blake31678

pitchslapped

ContributorModerator

blake31678's Avatar



Re: Blake's Blog

well, the dehydration thing isn't necessarily NOT working - I mean I kind of feel like crap, but I've lost 5 pounds in the last 2 days. Kind of a fun experiment, you know, for science.

Hot bath was a little weird last night, but I sat under the fan afterwards and was fine after a few minutes. We'll see how the sauna goes tomorrow...

Then the weigh in, then ALL THE FOOD.



04-10-2014, 11:17 AM

#8372

blake31678

pitchslapped

ContributorModerator

blake31678's Avatar



Re: Blake's Blog

And I apologize in advance if I win and you have to see my ugly mug every time you go into a GG...lol.

Or maybe I'll be the next Jared and sit back and bank from national commercial royalty checks. :D



04-10-2014, 12:49 PM

#8378

blake31678

pitchslapped

ContributorModerator


blake31678's Avatar



Re: Blake's Blog

Shrug, I guess since I don't really watch a ton of TV anymore I wouldn't risk seeing myself in a stupid commercial, and we ffd on the DVR, so wouldn't be that big a deal. I just really dislike being the center of attention. I don't even want to receive the big check in public, I just want to go to some corporate office to pick it up.

Fun talking about all this stuff even though I haven't won...lol.

 04-11-2014, 07:29 PM

#8391

[blake31678](#)


pitchslapped


ContributorModerator

blake31678's Avatar



Re: Blake's Blog

Yes sir - now I just have to wait until they announce the winner next week sometime. 
Cross your fingers for me!

 04-11-2014, 07:32 PM

#8393

[binger](#)

You know who this is

Contributor

binger's Avatar



Re: Blake's Blog

What are the numbers? Very curious about how much weight you lost the last few days.

Disclaimer: This is not legal advice, and I'm probably not being serious.

 Yesterday, 05:51 AM

#8394

[blake31678](#)

pitchslapped

ContributorModerator


blake31678's Avatar




Re: Blake's Blog

Gained 11 lbs back over the weekend - lol.

Official numbers were 86 lbs lost total, 53 in the second month.

1st place felt like friending me on fb, so I asked her numbers, and she lost 55 lbs total. Think I got there, but it's based on percentages, so who knows. Should find out later this week! Happy with my results either way, but will be happier if I can win also, obv. 

 Yesterday, 06:57 AM


#8395

Tobey

Not at those prices
Repeat Contributor


Tobey's Avatar



 **Re: Blake's Blog**

53 pounds in a *month*

Even with 11 pounds of water weight, that's still almost 1.5 lbs a day. That's not healthy, but if you haven't collapsed yet, you're probably fine. Grats.

 Yesterday, 07:05 AM


#8396


blake31678


pitchslapped
ContributorModerator

blake31678's Avatar



 **Re: Blake's Blog**

Yeah, I was probably doing a bunch of stuff to make the loss not super healthy - now the plan is to just binge for a little while on all the stuff I missed, then get back on track with drinking lots of water, eating healthy and working out to build muscle to get where I ultimately want to be. Wouldn't have done all that crap if it weren't for the contest, but now it just makes the contest a step in the process. 

 Yesterday, 07:22 AM


#8397

blake31678

pitchslapped
ContributorModerator

blake31678's Avatar



 **Re: Blake's Blog**

Also, middle weigh in had some additional water/food/clothes weight because I didn't have the chance to go first thing in the morning, and was dressed in my work clothes. So there's probably 7-10 pounds of flex weight in there as far as in which month the weight was actually lost. Shrug.

Wish they'd hurry up and just do the math so I can know the verdict...lol.

Last edited by blake31678; Yesterday at 07:36 AM.