Cutting Myself in Half: 150 Pounds Lost, One Byte at a Time

Mary Branson, Jack Branson, Taylor LeBaron

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At age fourteen, Taylor LeBaron was nearly 300 pounds. He had difficulty just getting to the mailbox without becoming short of breath. A chubby kid from birth who was prone to obesity, Taylor allowed his weight to skyrocket through mindless 'whatever' eating and his sedentary techie lifestyle. But a membership to the Y, a keen imagination, and an indomitable spirit changed all that.

Approaching proper eating and weight loss as he would a new video game, Taylor made fitness into a fun challenge with his creation of THE ULTIMATE FITNESS GAME (UFG)?a method of tracking calories, avoiding pitfalls, overcoming obstacles, and working out by following hard-andfast rules that literally helped him shed half of his body weight in a matter of a year and a half.

Cutting Myself in Half is Taylor's motivational strategy guide to THE ULTIMATE FITNESS GAME.Taylor shows kids who are currently where he was that weight loss and fitness are within reach . . . one workout, one calorie, one 'byte' at a time.

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