

What Does **ANGER** Have to Do with **Weight Loss?**

by Kenneth Yazzie, Navajo

At 20 years old, I weighed 160 pounds. I could bench press over 350 pounds. At age 23, my life started falling apart, and I started getting heavier, no, *fatter*—let me say it right! I had gotten a divorce, and I went over the edge. I was drinking and doing a lot of drugs.

I wasn't watching myself. I skipped breakfast and lunch, and would have a huge dinner: steak, lobster, baked potato, smoked oysters.

In all areas of my life, I had lost it. I had lost my marriage. I had lost my children. I had lost my job. I was hanging out with the wrong crowd. I was angry.

I was court ordered to go to anger management. I was angry at first, but after two months, I realized I really was doing everything they told me I was doing. I started to come out of denial. That's when things started to get better.

Now, when I meet a man who has anger issues, I urge him to get help. I urge men with drinking problems to get help. I say straight out that being abusive is not cool. I have the right to say that, because I was abusive. I had to get help.

I have been trying to make things better for myself, my wife, my children, and the people around me. My wife has been a major influence on me. She helped me build my self-esteem. She helped me break bad habits. I couldn't have done this without her support. Without her, I would be like a homeless person.

I realize I still have faults. I'm not perfect. I've been to the school of hard knocks. I know the things I've done, and I have tried to correct them.

"I can't eat a big meal any more. When I see a person eating a big burger and fries, I think, 'Jiminy Christmas! That person has to go on a diet!'"



Kenneth Yazzie's New Way of Eating

Then	
Weight:	270
Breakfast:	steak, eggs, tortillas, hash browns
Lunch:	half pound burger and French fries
Now	
Weight:	241
Breakfast:	oatmeal
Lunch:	salad with lite dressing

Staying healthy is one way that I can correct my past mistakes. It's one way I can stay around to take care of my wife, my children, and my grandchildren. I have an obligation to my family to be healthy in body, mind, spirit and emotion.



UPDATE: Since this story was written, Kenneth has lost more weight. He now weighs 235 pounds. He works out at least five days a week, rides a stationary bicycle, and lifts weights. "If I keep exercising, I have a good chance of avoiding diabetes," says Kenneth. Another

benefit of being fit is feeling less stress. "My wife is happy because I am calmer and can handle stress better," says Kenneth. Congratulations, Kenneth!