

Before & After

Pictures, Stories, & Short Messages for True Health Motivation

- My Health Journey Pictures
- Vegan Before & After Pictures & Stories
 - Pictures of Happy Healthy People
 - Pictures of Unhealthy People
 - BMI Pictures
 - Nutritious Plate Pictures
 - Fitness Idea Pictures



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Introduction to Before & After Health Motivation

In this book I'm focusing on the pictures and short messages about health, namely my insights and some stories of others.

Let's talk about a few very basic health principles.

Healthy lifestyles speak for themselves.

When one sees before & after pictures and reads their stories, motivation to live a healthy lifestyle can hardly be restrained.

When we see the difference, we immediately ask ourselves, 'why am I living beneath my privileges when I could have strength and beauty like this?' We can then quickly realize that the deceptive sweets meats and so on are completely inferior to the gift of a well-treated temple of God.

Our bodies will respond favorably to good principles of healthy living, and our bodies will clearly witness of it.

When we forget to live healthy for a while then get back into it, the results quickly come to cheer us on, and we regret the time we spent in the gutters. Even a little exercise and healthy eating can boost our spirits and begin to cleanse the body and restore the beauty which unhealthy living sapped away.

There's no such thing as a healthy obese person.

It is true that some lifestyles can give you a skinny body but you can still be unhealthy, like smoking or doing various drugs, or anorexia, etc.

Here I'll focus on before and after vegan lifestyle change, as to my understanding that most closely aligns with the Lord's revealed health laws found in D&C 89.

As a precautionary note pictures here often feature people wearing less clothing. I only share these for a point of medical research, to demonstrate that the body is healthier, and thereby more beautiful, when we take care of it. Of course I will not put pictures in this document which are sensual in nature, I will only use those whose focus is to demonstrate health.

Of course this brings great joy to those who have mastered these lifestyle changes and have overcome their poor health and the physical and emotional drain that poor health brings.

Another cautionary note is that I am not a fan of overly honing the body at the gym, and being obsessed with appearances. But if we are overweight, that is the sure sign that we are not giving enough attention to our health. Wholesome living will naturally produce the beauty that God intended us all to have.

Of course there are other indicators than weight such as physical fitness, but weight is likely the single easiest measurement of health, generally speaking. Yes I'm aware of those individuals, usually young, who have a terrible diet and appear to be in good health; rest assured that their bad choices will catch up to them sooner or later.

I've tried to source the images I use here but that's a work in progress. Particularly as I haven't been able to source everything, remember this booklet is not for commercial sale, it is a non-profit educational tool I have compiled and wish to share freely.

If you would like to contribute to this booklet with your own before/after pictures and story, please contact me at 435-681-1520.

God bless you in your pursuit of true health principles and the joy that will bring!

Me First

I've had my own waves of up and down and learning on this topic. Here are some pictures that help me remember to value health.

When at my worst of about 230, I was able to lose about 30 pounds from a vegan diet and get back to around 200. I didn't do things perfect and it took a few years.

Of course I am still far from perfect. These days I'm around 200, and hope to give updates later of further progress in my health journey in a positive direction.

2007 age 14, healthy; growing up I can't say I was into nutrition, but we did have lots of homemade cooking which helped a lot.



2009, age 16, around 160lbs, still healthy for the most part, despite the roller coasters of growing up:



2009, you think you're invincible with that plate of pies, but it'll catch up to you...



Oh really?... (just you wait, punk)



Fresh off my mission in 2013, on my 22nd birthday, around 175lbs, growing up, gained on the mish as most do, but still quite healthy:



2016, going the wrong direction, but happy to be with my wonderful wife:



2017 not getting any healthier, around 210 lbs., but again blessed with happy milestones in my family:



Around 2018, a grunpy 215 lbs.:



2018, optimistic but life's pressures & nutritional ignorance/defiance definitely showing, getting that old man look:



Around 2020, trying to figure the health thing out:



2022, seen better and seen worse, still pretty slouch, and birth of a baby a great time to remember those health goals:



2022, my wife definitely staying ahead of me in the health race:



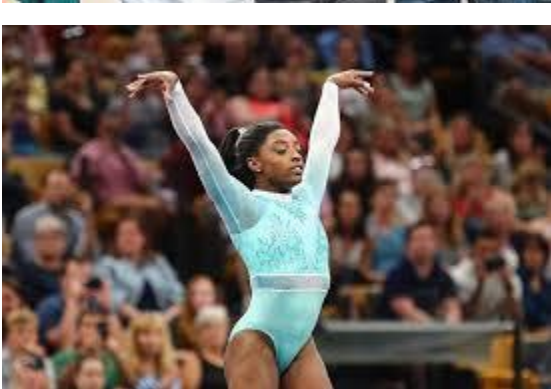
2024, around 205 lbs, right direction, lots of challenges, long ways to go, but my kids keep me happy, & I'm determined to make health progress for them, and to set a good example for their health for years to come:



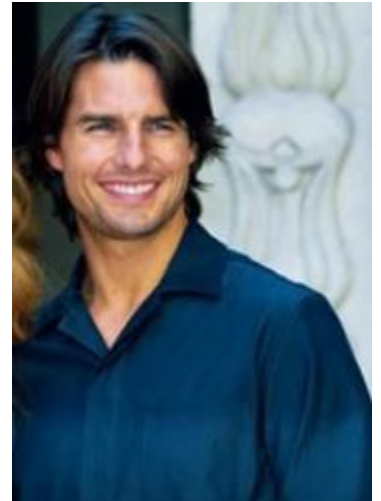
Healthy Happy People













Before & After

Most of these are vegans but as I didn't take perfect record I won't say all. Consider the joy and beauty these people find when they take their health into their own hands by healthy lifestyle choices!









Unhealthy People





Body Fat Percentages

Body Fat Percentage



5 to 9 %



10 to 14 %



15 to 19 %



20 to 24 %



25 to 29 %



30 to 34 %

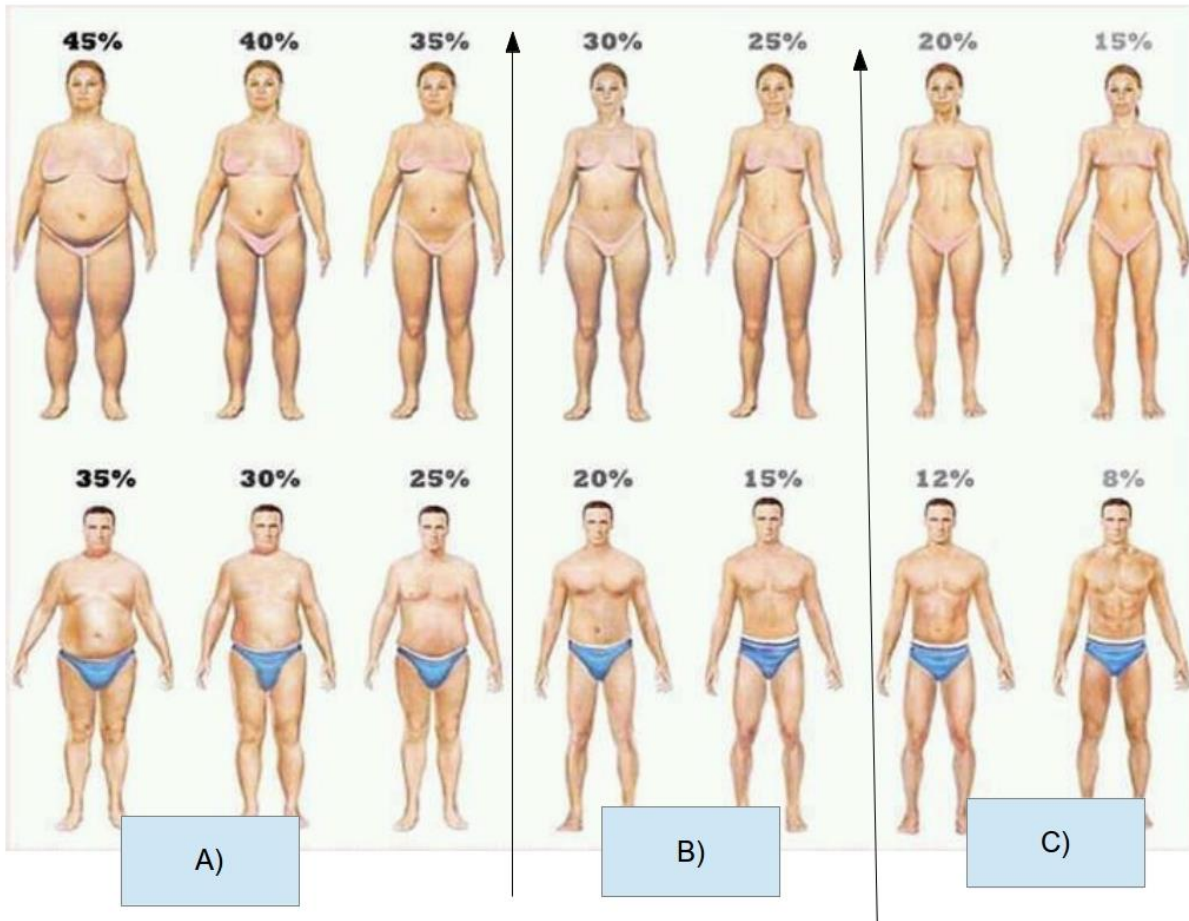


35 to 39 %



40 % and more

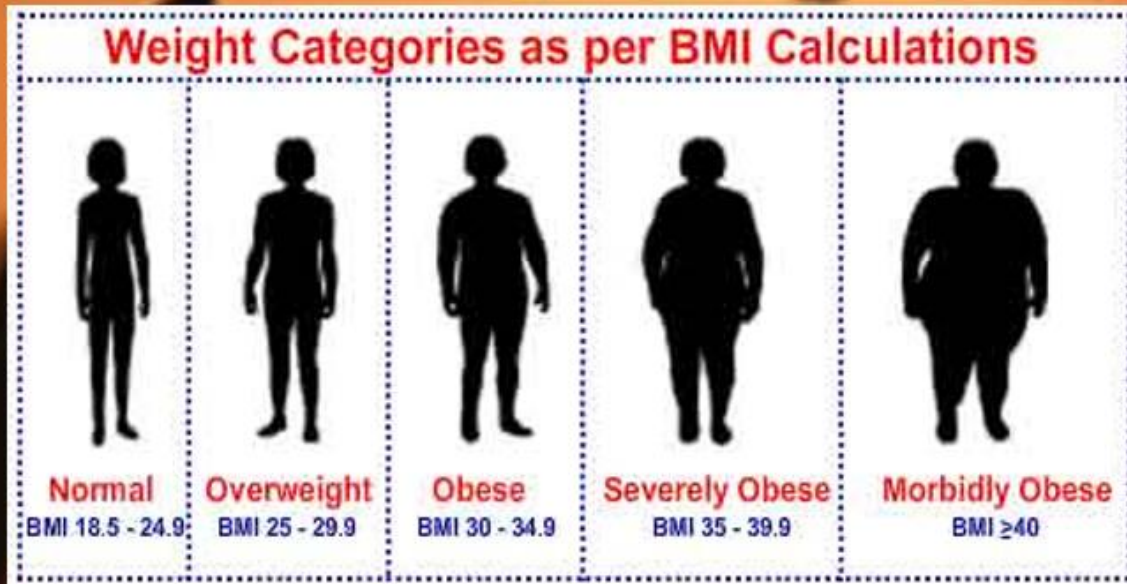
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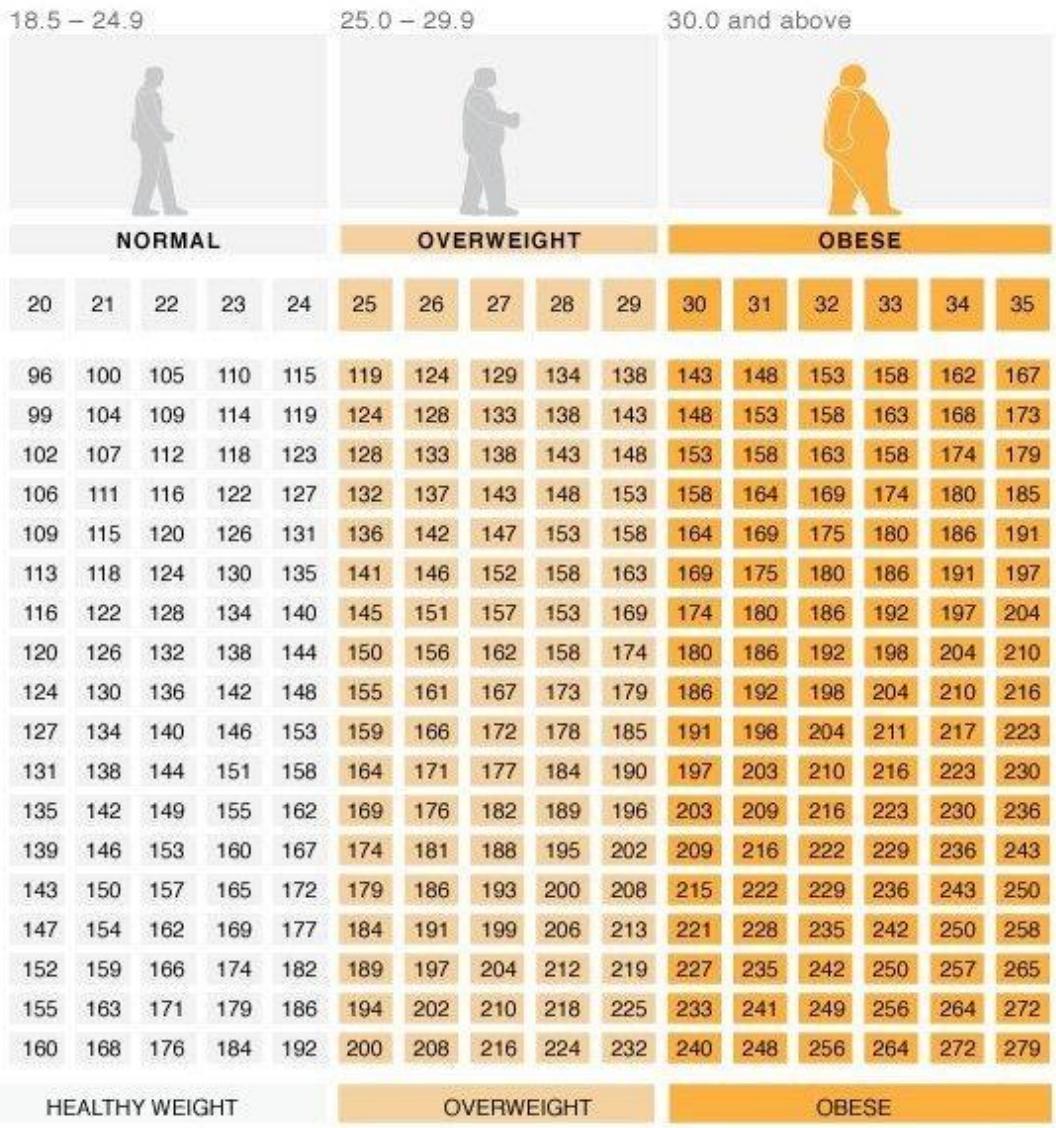
7DayGMDiet.Com



The Body Mass Index



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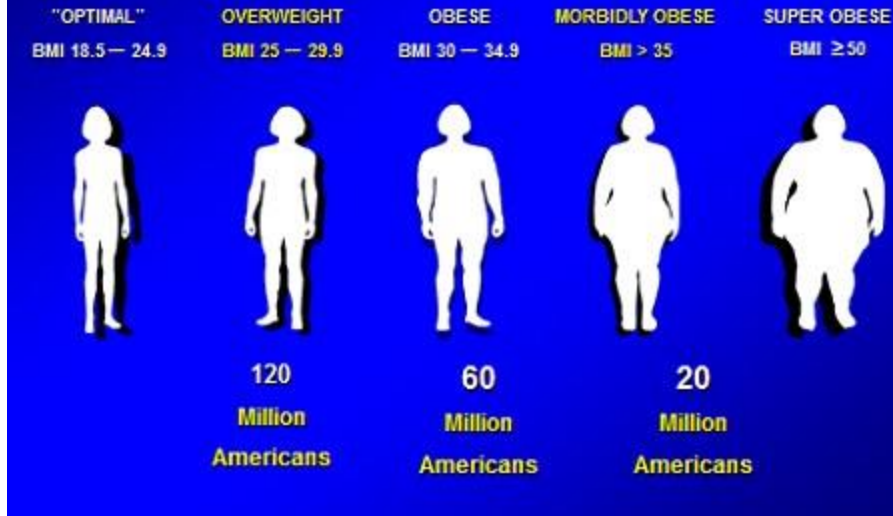


finance.yahoo.com

SOURCE:

Center for Disease Control; National Center for Health Statistics; National Institute of Health; United Health Foundation; American Public Health Association.

Degrees of Obesity



BMI

formula: $\text{lbs} \times 703 / \text{in}^2$

18.5-24.9 = normal/healthy

25-30 = overweight

30+ = obese

A Few Healthy Dishes




Fitness

Fitness is nothing compared to a healthy diet, but important none the less. Let's look at a few ideas.

CALORIES BURNED

PER ONE HOUR OF AEROBIC EXERCISE @hooper.FIT

<p>Walking</p>  <p>300-400 calories per hour</p>	<p>Running</p>  <p>600 calories per hour</p>
<p>Cycling</p>  <p>600 calories per hour</p>	<p>Swimming</p>  <p>600 calories per hour</p>
<p>Rowing</p>  <p>840 calories per hour</p>	<p>Jump roping</p>  <p>1000+ calories per hour</p>

 thecaloriedoctor

EXERCISE & CALORIE

GUIDE

ACTIVITY	CALORIES BURNED IN 30 MINUTES							
	100 LBS.	120 LBS.	140 LBS.	160 LBS.	180 LBS.	200 LBS.	220 LBS.	240 LBS.
AEROBICS (LIGHT)	115	147	173	195	220	246	271	294
AEROBICS (VIGOROUS)	169	203	237	256	290	327	365	400
AEROBICS (WATER)	101	122	142	162	182	203	223	243
BICYCLING (MODERATE - 13MPH)	180	216	252	288	324	360	396	432
GOLF (CARRYING/PULLING CLUBS)	124	149	173	198	223	248	272	297
KARATE/KICK BOXING JUDO/TAE KWAN DO	245	293	342	390	440	490	539	582
RACQUETBALL (COMPETITIVE)	239	279	326	382	419	465	512	570
ROWING (MACHINE/MODERATE)	161	190	223	255	289	326	364	400
RUNNING (12 MIN. MILE)	180	216	252	288	324	360	396	432
RUNNING (10 MIN. MILE)	225	270	315	360	405	450	495	540
RUNNING (8 MIN. MILE)	285	342	395	450	503	559	614	668
STATIONARY CYCLING (MODERATE)	158	189	221	252	284	315	347	378
STATIONARY CYCLING (VIGOROUS)	236	284	331	378	425	473	520	567
SWIMMING (SLOW FREESTYLE)	180	213	247	283	318	354	387	417
SWIMMING (FAST FREESTYLE)	218	263	305	349	393	446	480	528
TENNIS (SINGLES)	180	216	252	288	324	360	396	432
TENNIS (DOUBLES)	135	162	189	216	243	270	297	324
WALKING (SLOW - 2MPH)	61	74	89	101	114	127	140	153
WALKING (MOD. - 3MPH)	91	108	129	143	160	180	196	213
WALKING (FAST - 4MPH)	118	140	161	186	210	235	257	278
WEIGHT TRAINING (CIRCUIT)	180	216	252	288	324	360	396	432
WEIGHT TRAINING (FREE WEIGHTS)	125	150	175	201	225	250	276	300
YOGA	86	105	121	139	156	174	192	209

★ BEST EXERCISES TARGETING EACH MUSCLE GROUP

