

## Row, Row, Row Your Boat

A friend recently said to me, “You are so lucky that you have a lapband, you never have to work at loosing weight ever again.” I thought if only that were true. Truth be told I worked very hard at loosing 125+ pounds and continue to work hard at maintaining the loss.

I have come up with the following analogy to help others and even remind myself what the band is all about. My lapband is similar to the oars in a row boat. Life prior to my surgery was equal to sitting in a row boat with no oars, in the middle of a lake, I would try and paddle with my hands to get the boat to the shore. I might make it a little way but I always ended up becoming tired and the boat would drift back to the starting point or even a little further from the shore. (Kind of like loosing some weight but then regaining it back with a few additional pounds added on). This went on and on for years, I would watch the people on shore having fun and doing thing I could only dream of doing. I was beginning to believe that I would never get the row boat to shore.

Then I met Arthur and Adam Glasgow, who threw me a set of oars (in the form of a lapband), with the instructions on how to use them. So after surgery I was still in the row boat but now the oars were there. I had to pick the oars up and use them, it was hard work but with the oars I was able to move the boat great distances. I made sure I did the follow up that was recommended (Arthur and Adam probably got sick of seeing me, but always made me feel welcome when I saw them). I separated my solids from my liquids, I did my best to eat slowly, chew my food well, and most of the time made the right food choices. I used the lapband every day on my weight loss journey.

Once on shore the tricky part was to stay there or at least not drift too far from the shore. What that means is I continue to make a conscious decision every day to pick up those oars and as soon as the boat starts to drift I use them to stay near the shore. Are there days when my eating is not the best, absolutely, but the lapband is there all I have to do is make the decision to use it. Kind of like taking a nap in the row boat and waking up and finding myself a few yards off the shore, no problem just pick up the oars and start working towards the shore again. My weight currently fluctuates about 5 pounds, when it gets to the higher end I make sure the oars are in my hands and I get rowing again.

So yes, my friend, I am lucky to have a lapband, but it was not easy loosing the weight and I continue to work hard at it every day to maintain the loss. And just in case you are wondering I am damn proud of it!