

Hi

Posted by Strength365 - 25 Feb 2016 10:02

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Hi,

I'm new.

Nervous.

Motivated.

Need Help.

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Re: Hi

Posted by mike dupont - 20 Apr 2017 21:57

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I've lost my first two pounds after Pesach (after gaining 5 of them first).I'm eating less and exercise more, I'll keep you posted

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Re: Hi

Posted by Trouble - 20 Apr 2017 22:36

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[mike dupont wrote on 20 Apr 2017 21:57:](#)

I've lost my first two pounds after Pesach (after gaining 5 of them first).I'm eating less and exercise more, I'll keep you posted

Were the five pounds gained after pesach or during?

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Re: Hi

Posted by Singularity - 21 Apr 2017 09:54

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[mike dupont wrote on 20 Apr 2017 21:57:](#)

I've lost my first two pounds after Pesach (after gaining 5 of them first).I'm eating less and exercise more, I'll keep you posted

Mazeltoiv! Enough with the Matza n' Mayonnaise

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Re: Hi

Posted by mike dupont - 25 Apr 2017 20:05

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Pesach I always gain weight and I although I love to blame it on the matzes (how many kezeisim did we eat?) and the wine but these are not the real reasons. Eating too much is the real killer. Anyone said something about lust????

Time to do something about it.

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Re: Hi

Posted by cordnoy - 28 Apr 2017 01:29

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[mike dupont wrote on 25 Apr 2017 20:05:](#)

Pesach I always gain weight and I although I love to blame it on the matzes (how many kezeisim did we eat?) and the wine but these are not the real reasons. Eating too much is the real killer. Anyone said something about lust????

Time to do something about it.

Beginnin' of this post belongs on a different thread. What's lust got to do, got to do with it?

Il was careful with my eatin' habits this week, not as much with my seein' habits.

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