



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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