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The Long Road

So You're Here to Lose Weight?

Well actually I'm not here to sell you some bullshit product that you can just lose weight without doing anything. Cheating is what I call that. No... I'm here to wake you the frick up and make you truly understand.

"But Dylan I still reach my goal, I still lose the weight"

So? If you cheat to get to where you are today, are you really successful? Did you really achieve your goal of losing weight? I look at it as no you're not successful only because you took the easy way out, instead of manning up and going through the pain. To measure success, I and everyone else should look at how much dedication and work you have put towards something.

You know what feels the best? Knowing you've achieved something and it not being the easiest thing to achieve. So just read what I'm about to write next, and see how me-an ordinary teenage boy-achieved something that he has wanted for a long time. Who knows maybe you'll find some inspiration for yourself.

My Road

You ever watch a movie or tv show when you were younger? Do you remember any of the cast members and maybe them being bigger(as in heavier)? Then see them these whatever amount of years later in the best shape of their lives? See if I was in television; You would be saying that about me.

I'm Dylan Tate and 11th grader at Harper Creek High School. That is definitely me, the person you haven't seen in a couple of years and now whenever you see me; you're in awwh(not to be cocky or anything). I've changed a lot since 8th grade. Not just physically but mentally too.

Back in Middle school, I was the overweight wanna be athlete annoying kid, making jokes in class so I would get attention. What I didn't realize was that the attention wasn't going to be the friendliest. Seventh Grade and Eighth grade were the worst from me getting bullied and teased on aspect. People would call me "fat" and just other stuff people would call an overweight kid so they could act big and tough. I was really



depressed back then, for some reason i thought i would never have any friends or never get a girl lol. Some days felt like I was just trapped in this very dark see-nothing room and I couldn't get out.

Eventually I did find the light at the end of the tunnel like everyone talks about, I found not just it but my true self in the summer going into tenth grade. Those 3 months were the start of it all, I had enough. I wanted change. Change in my body that would later change my personality and who I am. So I sat down on my bed, thinking and thinking. I had to come up with a plan. A plan where there was no other goal but to lose weight. From the day forward I would wake up look myself in the mirror and just think "How can i make myself better today?". I know most of this will sound quite boring with me explaining everything I did, but I want to give you the rundown of what I did to change my life.

I would wake up like anybody else would, and I used to look up ways to cook on youtube because I always found it so interesting. One of the things I found and how to make was a fried cheese egg sandwich, yes I know you're probably in disgust right now. Let me tell you it was actually really delicious. Anyways I would make that almost everyday well, every week day cause on the weekends my parents are home for breakfast and they usually make something. Didn't matter if I didn't want it that day, I was going to have it because it was way better for you than cereal or a popart. It was a good way to get some protein and nutrients in for the day. Then that was all I ate until dinner. Crazy right?

After I did everything that my mother told me to do which was usually like the dishes or vacuum or do laundry. I would find myself going down to the park everyday, and when I say everyday I mean it. 24/7 I was down there. Since this was in my tenth grade year, I wasn't old enough to have my driver's license yet so I had to ride a bike to the school that was next to us; which was West Lake Elementary. I mean it wasn't bad to ride a bike for only about a 5 or 7 minute ride, It only meant for more exercise. I didn't just go down to the park and play on the playground or anything, what am I? 5 or something? I played basketball which happens to be my most favorite thing to do in the whole wide world. I just love the Ability to play and do stuff on your own without relying on others. I wouldn't leave that dang park until i was exhausted and sweating every inch of my body off. So usually after two hours of constantly running up and down the pavement in the dreaded sun, it's time to go. By then the rays of the sun has done their toll on me. I'm just not playing basketball to play, I'm working my tail off trying to get better at basketball. I'm so thankful for me deciding to do that because i finally made the basketball team this year after three years of getting cut. Year after year.

The Grind

I've pushed myself to the limit this past 2 years, just like a train I never stop. Constantly trying to get in the best shape of my life. The summer before tenth grade was dedicated to losing weight. While the summer before eleventh, was dedicated to lifting weights and getting stronger. I've never been more proud of myself. Ninth grade I weighed a little over 200lbs, so going into that summer I was 200+.. When school started back up the following september which would be



my tenth grade year I was weighing about 165lbs. That means I lost about 40lbs in the span of 3 months. That's still crazy to me.

This has to be one of my proudest moments is seeing my transformation. My transformation was fueled by hard work and dedication and oh lets not forget about the haters either, they definitely helped a little. Never think that something can't happen. Me losing that weight was something I never thought would happen, but one day I woke up and wanted something different. So I pushed myself harder than I ever have. All you have to do is take that extra step to get something you want. You can't just assume something will happen, take the initiative and strive for greatness.



Be Great

Go make something happen. Go achieve your goal; just don't take the easy way out.

The short road might be the fastest way to your destination, but sometimes you just need to take the long road and enjoy the view. It wasn't the most fun, but it was all worth it in the end. I reached my goal and I couldn't be more happy, but now that I've gone through everything. I now realize that the process is so much more important than the outcome. The process truly changed my life might I say saved my life. If I didn't go through all this I would probably be still overweight maybe even more and that causes health problems by itself. I could of went online and bought some weight loss pill or something like that, but i would of gotten nothing but just losing weight. I wouldn't know the feeling of grinding everyday. I wouldn't know myself better. I know what some of my limits are and some places I excel in, and know where I need to improve all because I wanted change.