

## **Unfit for San Ramon**

I've noticed something over the last few years that's rather surprising. I'm the only fat person who lives in San Ramon. Oh, there are some chubby people, even tubby people, but I'm the only obese person I've seen around this town. Some obese people work in San Ramon, but hardly any of us live here. San Ramon and Danville are the playgrounds of the physically fit – not the physically fat.

Exercise and sports abound – swim teams, soccer, softball leagues, basketball, and biking, lots of biking. I work at a desk in a back bedroom overlooking the Iron Horse Trail. I see all the bikers, walkers, runners, joggers, maintaining their lean physiques.

I've always considered walking to be pedestrian. I've graduated from being a couch potato to being a couch. I'm past the urge to change that. Actually I've been there and done that. I was the original extreme makeover 15 years ago.

In 1987 I had arthroscopic surgery for a bad knee. I weighed close to 300 lbs. My doctor told me I had the knees of a 90 year old, and would be permanently disabled if I didn't lose weight. So I joined NutriSystem and lost 110 lbs. in 9 months. Over a period of three years I lost another 50 lbs. In total I went from 300 to 150. I was 48 years old and very saggy. So I went to a plastic surgeon for a face lift.

I went to Dr. Jon Perlman, the Extreme Makeover doctor himself. He is the best. As they would say on Extreme Makeover, I had a upper eye lift, fat removed from under my eyes, liposuction on my cheeks, fat injections into the creases between my nose and mouth (I don't know what those are called), a face lift and chin implant. About a year later he did an arm lift. I bought some great looking cloths and had a big reveal at my mother's 1990 New Year's Eve Party in Palm Beach, Florida.

I kept the weight off for about 5 years. I started gaining it back in 1994, but slowly. By the time I moved to San Ramon in 1997 I had gone up to 220. I went back to NutriSystem in 1999 and dropped from 248 to 210. But now I'm back up to 280. I feel good, except when the weather changes like now. Then I get a little achy, but most of the time the weight doesn't bother me. I think my "face by Perlman" still looks great.

But how come there aren't any other fat people in San Ramon? There's supposed to be an obesity epidemic in the US. Is obesity too plebian for San Ramon? It's like when I park my beat up 1996 Ford pickup between a Lexus and Mercedes. Everyone around here drives a well bread vehicle, has a pure bread dog, and eats whole grain bread.

At least I'm trying the bread. That's the new Weight Watchers No Points system, filling up on whole grain bread. In the meantime I'll be the token obese person in San Ramon. You need at least one of us, to be the bad example that keeps you exercising.