

Gabino Salgado

Healthy Hall of Fame, Winter 2016

Inspiration for Change: When Gabino realized he wasn't able to keep up with chasing his young son and he found out that he had diabetes, he realized it was time for a change. Eating out at fast food at least 5 times per week, drinking a 100 ounce cup of soda plus no less than 2 energy drinks per day and no activity caused Gabino to be at an unhealthy state.

Gabino started off by cutting out the soda. It was "super hard at first," he remembers. He also decided to "eat less crap." He switched from soda to carbonated water and completely cut out the fast food. He was wearing a size 56-58 pants and a 5x shirt size, which he has brought down to a size 38 and 2-3x, respectively.

Current work-out and eating plan: For activity, Gabino walks the lake 5-6 days per week unless the weather is bad, and he also rides his stationary bike instead for 1 hour. He has also started incorporating weight lifting into his workout regimen with the bench press, bicep curls, sit ups, planks and squats. He likes to include his family in his work out time as well, such as bench pressing his small children.

For his eating habits, Gabino has cut down on processed sugars, watches portion sizes, and eats slower. He admits that he used to wolf down his food and now focuses on chewing and eating slower. Gabino still eats the food that he enjoys, but he just enjoys more reasonable portion sizes. For instance, he will eat 4 cookies for a portion instead of an entire whole box.

Sticking with it: Gabino is motivated to stick with it by realizing he can set a good example for his kids, and he is able to chase them now *and* keep up. It is the "greatest feeling," he admits.

The accountability of using a Fitbit, MapMyWalk, and MyFitnessPal have helped Gabino stay on track as well.

His next goal? Gabino is off one of his diabetes medications and reduced his dose on the other medication to half. He'd like to get off of his diabetes medication completely as another goal. He would also like to lose 63-65 pounds in the next 5 months.

Words of Wisdom: There are no magic pills and no magic shakes that have helped him in this journey. You have to "change you first", Gabino states. "Don't starve yourself. Don't go on a diet. It's not a diet, it's just a change of lifestyle." Get active at least 30 minutes per day, he recommends. Exercise doesn't have to be work. "I used to think it was impossible," he said, but the success has been easier than he thought.