

Personal Fitness - Baby Steps

What's up diaper butts! Don't know if anyone else is going through or has experienced this, I wanted to write this essentially to my past self... if it resonates with you then I want you to know that you can be anything you want and although it may take a lot of work, you can improve yourself if you want... I am not saying you need to. I needed to be mentally healthy and motivated before I was ready... anyway... a little backstory to my situation...

I am a 24/7 ABDL... and two years ago I finished building the bedroom nursery of my dreams, everyday I work in littles attire and diapers (I work from home) and just live the AB/DL life all the time... sounds like a dream, right? But I started having health issues because of my weight. I had been hurt from injuries and coupling that with an office job I became super lazy, complacent, and just wasn't happy. I started to get bothered because all the cute diapers didn't seem to fit and all the cute AB/DL clothes either didn't come out in my size or were limited in options. I had blood tests done and my doctor essentially told me I was a cupcake away from diabetes.

I decided from that moment on I was going to make a change. I joined Planet Fitness... But I was so out of shape that doing anything strenuous was extremely hard for long durations. Baby Steps... I set small goals and went to the gym every other day... I'd do the elliptical because it was low impact, and I didn't want to hurt myself, but I needed to burn calories. Baby steps... my goal was 30 minutes on the elliptical in one go... I couldn't do it... I got to 15 before I thought I was gonna die. But Baby Steps and the next workout I did 20 minutes... maybe a week or two later and I did 30 and hit that goal. Then the next time I worked out I tried to go a little faster and harder. After another couple of weeks, I would get on the treadmill and walk after the Elliptical... just keeping that heart rate up and doing the best I could... more Baby Steps...

Eventually I reached the point where every other day I would go to the gym for an hour and a half and do the elliptical for 30 minutes then walk on the treadmill for an hour. I even did these workouts at Capcon in the early morning when all the babies were still sleeping... I didn't want to, but Baby Steps. I started to lose significant weight. At the time I am writing this I have now lost 70 pounds; I'm down 2 diaper sizes... but it was all Baby Steps. I still need to lose another 40... but it's just Baby Steps...

I'm not writing this to get congratulations. This is to motivate my present self who still has Baby Steps ahead of him... but also to let the past me out there... or someone else who needs that motivation to know that you can do it! It just takes Baby Steps... If you want any advice or a workout routine or dietary advice or what supplements I take I'm here to offer whatever knowledge I am here to help you make your first baby steps...

My System

Each of my workouts are 1.5 hours and I try to work out every-day Monday-Friday. I rotate through three main workouts. Cardio, Lifting and Leg Day... I do often substitute leg day for lifting because I prefer Lifting, and the Cardio workouts really are strenuous. I recommend if you copy my routine, I recommend doing Leg Day on Friday, so it doesn't follow a cardio day or do the stationary Bike for the warmup on that following cardio day.

Personal fitness isn't just about working out. You can't work out all the time and then eat five double cheeseburgers and expect a positive weight change. As I am trying to drop weight, I maintain a calorie deficit. I maintain a 1500 calorie intake and I avoid all pop/soda, fast food, sugars, and any processed foods. If the ingredient labels have a ton of stuff I can't pronounce or say I don't eat it. I also take supplements and vitamins daily that promote digestion. I track all my workouts and food intake in a fitness journal.

My Supplements



I want to be clear, before I talk about this... You do not need to spend a ton of money on gym membership and supplements to lose weight. Just creating a calorie deficit in the long term will lead to weight loss. Burning 1k calories in a workout everyday will definitely speed up the loss, but it is not required. Also, all the supplements I take are backed by actual science and doctors. I do not take any miracle weight loss supplement. That all being said, here is my daily regimen:

1. Psyllium Husk Caps (Fiber)
2. Super Enzymes (Helps with digestion)
3. EGCg Green Tea Extract (Also helps with digestion)
4. L-Lysine (Increase Muscle Mass, performance)
5. Probiotic- 10 (Digestion)
6. Ginger root (Digestion)
7. Biotin (Immune system)
8. Vitamin D-3 (I don't get enough sunlight because I work 3rds)
9. Vitamin C (Immune system and I don't consume enough)

My Routine

1. Cardio

30 minutes on the Elliptical with the highest resistance I can manage with the goal of going a little faster or further each workout.

Immediately after the Elliptical workout, after wiping down the machine I move to the treadmill for a 1 hour walk at the fastest pace I can manage.

2. Lifting

30-minute warm-up on the Elliptical at the highest resistance I can manage. The goal is to get my heart rate up.

I use only machines for lifting due to a severely damaged hand, but these workouts can be done with free weights as well with the right equipment and weights, I do 3 sets of 15 reps to start with small breaks in between sets and increase the weight as I get stronger. After a month or two of lifting I add an additional set. The list of exercises is in no particular order, and I change it up depending on machine availability as well as how my arms are feeling. (I might do the abs or back after a strenuous arm lift)

1. Chest Press
2. Bicep Curl
3. Back Extension
4. Seated Row
5. Triceps Extension
6. Lat Pull
7. Shoulder Press
8. Pectoral Flys
9. Ab Crunches

3. Leg Day

30-minute warm-up on the Elliptical at the highest resistance I can manage. The goal is to get my heart rate up.

For the Leg routine I do four sets of 12 as there are less exercises

1. Leg Curl
2. Leg Extension
3. Leg Press
4. Rotary Torso
5. Ab Curls

Substitutions

Rowing

For a change of pace, I sometimes will do 30 minutes on the Rowing Machine for the warm-up instead of doing the Elliptical. I particularly love doing it while listening to Sea Shanties

Cycling

For a change of pace, I sometimes will substitute the warmup on the elliptical on cardio days with 30 minutes on a stationary bike.