"Hate is too great a burden to bear. It injures the hater more than it injures the hated."
--Coretta Scott King

Contemporary Comments

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Losing weight is a tough road to walk for many people. Thousands dream of a new body that is thinner and younger. But the self-discipline required seems like too much, especially when you tackle it alone. There is nothing quite like having someone stand beside you to encourage you forward. That was the experience of Angela and Willie Gillis, a couple who, through dietary changes and exercise, lost a combined 500 pounds. It was like a new creation.

“Everyone needs that one person to help them through, to talk to and someone who will hold them accountable. That person has been my husband,” Angela writes on her blog, WeBeatFat.com. A few days before their first wedding anniversary, Willie woke up and told his wife, “I’m tired of being big.” He had just gotten back from visiting his newborn goddaughter and was scared he might not live long enough to see her grow up.

The couple pursued changing their lifestyle with a vengeance. They immediately hit the gym six days a week. They cut out fried foods and Angela learned to make healthier versions of their favorite meals. The biggest challenge they faced was eating out. Food is a social thing and gets associated with friends and good times.

The changes not only led to new friendships, but affected their mental health in a positive way. Willie, who joined a local running club, has gained a “world of self-confidence” since losing 300 pounds. Angela proudly wears smaller sizes in clothing and says she is now more of a risk-taker. They realize many people give up too quickly and don’t simply learn from their mistakes and try again.

Angela is now running half-marathons and describes one race as “the best day of her life.” She became bored running on a treadmill and started out at a walk/jog combination. But the more she ran, the more she improved. The couple’s choice to lose weight has changed their lives in so many ways.

For some people, losing weight is almost like being born again. Shedding pounds might be compared to the transformation we will all experience someday when God makes our world all over again. This time, there will be no fast food restaurants and greasy foods to tempt us. We will all enjoy new bodies and live in a perfect environment with friends and family forever. The transformation will be well worth the marathon we are on toward the kingdom of heaven.

1. CNN
2. We Beat Fat
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