

Jamie Caporosso - Keto-Paleo for Athletes (LCC 2016)-SD

Alright, so who is this guy?

This is me right around the time my daughter was born.

That's actually my son in my lap.

This was a guy who was the epitome of that big powerlifter, the guy that would just eat everything in sight, "eat big, lift big" kind of mentality.

My idea was that bigger is better.

And that guy that's sitting in that picture there didn't think he was really that out of shape.

Okay, you thought he was working out, he was doing everything, he was fine.

We talked earlier about the accountants who like to keep tracking numbers,

I was a quality engineer, so I like to keep numbers...

I went to see my annual physical

and during that annual physical my doctor looks at me and says,

"Jamie, there's a direct correlation between belly fat and heart disease."

And I was like, "Who is this guy talking to?"

"He knows I work out, he knows I'm in shape.

I'm doing what I'm supposed to do."

This guy thought that if we went to breakfast together in the wee hours of the morning, if you didn't finish yours, I would finish it, he would finish it.

It was basically a 250 pound shop vac.

And my bloodwork was a mess.

It was just absolutely brutal.

And reality is my body composition was really, really bad.

I had a ton of visceral fat and didn't even really realize it.

I thought that was my big bench belly.

Bench press, sorry.

So, that being said, around the time my daughter was born,

I decided to make a change in my life, I started looking closer at my mortality

and I'd made a comment to some of my friends in the gym.

I said, "You know what I'm thinking about? - Getting leaner.

I'm thinking about leaning back out, getting my six-pack back,

like when I was in college or high school.

And I was met with roars of laughter.