



ACTUALIDAD | | Actualitzat el 23/08/2016 a les 12:40

Estaba demasiado gordo, ahora ha perdido peso y está así... [Antes y después]

Ross Gardner es un chico de Estados Unidos y en esta foto pesaba 180 kilos. Nunca había pensado en adelgazar pero una cosa le hizo cambiar de idea: hizo un viaje en avión y tuvo que reservar dos asientos juntos porque no cabía en uno.

Se sintió muy mal y decidió motivarse y empezar a hacer ejercicio. Pero no solo lo hizo por su aspecto físico sino que también por su salud.

Para lograr sus objetivos contó con la ayuda de un entrenador personal. Y tras 10 meses de esfuerzo constante y una buena dieta, consiguió adelgazar 90 kilos. ¡Impresionante!

Ahora está completamente diferente.

Antes de empezar a cambiar su estilo de vida, se tomaba casi una botella de Jack Daniels al día, desayunaba una hamburguesa con queso, patatas fritas y para cenar se comía una pizza entera. Gracias al esfuerzo que ha hecho ha empezado a vivir muuuucho mejor. Y está estupendo.

Estas son algunas fotos de su Instagram (@dr_rossg):

After losing 200lbs naturally in under a year and 40 inches off my waist, my skin just wouldn't recede. I had to have surgery for my waist, but I was able to avoid it for my legs, chest and arms through filling it in with muscle and wearing compression shirts. I do have some loose skin on my upper thighs, but I won't be warring a banana hammock anytime soon lol.....This is very hard for me to share so please bare with me.....I get a lot of questions about this on a daily basis. So here is a little about my skin removal. I had a 360 body lift or 360 abdominoplasty back in early



2006. It was a tough experience, but in the end, was well worth all the pain. I wanted it for cosmetic reasons, but really needed it for medical ones. Included are a few pictures of my wounds. I hope it's not too graphic for anyone. These were taken the day after my surgery. How many people have had one or thinking about having one?

A photo posted by Ross Gardner (@dr_rossg) on Aug 22, 2016 at 4:24pm PDT

Whoops. I mistakenly reversed the BEFORE AND AFTER WORDS ???. You all knew what I meant ???. All I can say is wow. Didn't even realize that this was a connection and find it mind blowing to think that was the same person. The boat is no longer leaning or tipping my way. Live your life one day, one meal and if need be one hour at a time.#verobeach

A photo posted by Ross Gardner (@dr_rossg) on Aug 21, 2016 at 4:44pm PDT

REAL men wear PINK lol. It's off to the Gym, time to make the donuts. Wow do I look tired or what? #realmenwearpink #pink

A photo posted by Ross Gardner (@dr_rossg) on Aug 19, 2016 at 2:37am PDT

A Huge #TBT from 2005 and 2006. Red shirt was March 1st 2005 and shirtless was early 2006. 200 lbs difference. Does that bring back memories. Remember, one day, one meal and if need be one hour at a time. You got this! ????



A photo posted by Ross Gardner (@dr_rossg) on Aug 18, 2016 at 9:27am PDT

COMENTA: ¿Qué te parece su transformación?

¡SÍGUENOS EN NUESTRAS REDES SOCIALES!