

## Former Marine gets tough about getting fit

Hands-on training with the new recruits is something Major Larry Arter enjoys. But a year ago, it wasn't possible for Carter to get in there and mix it up.

I was embarrassed because I couldn't set a good example anymore. I could tell you the importance of being in shape and how you need to be in shape as a law enforcement officer, but I wasn't an example of it.

Carter, a former Marine, weighed nearly 300 pounds, caused, he admits, by overeating and being inactive.

Carter also suffered from sleep deprivation. That didn't help his weight problem and that, in turn, didn't help his arthritis.

That extra weight - it really hurt. I mean everything I did hurt. It was difficult to put on a pair of socks or tie my shoes, Arter recalls.

One day, he looked in the mirror and knew something had to change.

I could see nothing but a lot of aging there.

He got the okay from his doctor and began laying out his goals and working on the self-discipline to reach them.

First, he limited his caloric intake and tried to exercise. Initially, he could barely handle was walking.

In the beginning, it was very painful and I had to struggle to make it a mile.

Because he had been healthy and active earlier in his life, Carter reached four miles fairly quickly. Then he started lifting weights.

Carter went from a 50-inch waist to a 31-inch waistline. He dropped 113 pounds. He says he's created habits he'll keep for the rest of his life.

## About the Author

From [www.wvec.com](http://www.wvec.com):

The Correct Weight Training and Exercise Repetitions. Weight Lifting Motivation New Workout Motivation Articles. Keeping Your New Years Resolution.

Weight lifting exercise is more critical when having a family, but it can create some weight lifting exercise woes. Learn how to perform.

Resources and information about strength training and weight lifting programs for a specific muscle group or sport. Top 6 Best Ab Exercise.

Beginners weight training exercises for developing a stronger firmer body. The weight you need to lift, will be as much as is comfortable.

Lifting weights reducing inmate tension which directly reduces guard tensions. There may be an opportunity for establishing body weight.

Certain weight lifting exercises are key to your weight lifting and physique success but what weight lifting exercises are the best for each muscle.

The goals of your training program will depend on your age, physical maturity and the reason you are lifting weights. You need to consider.

You can warm up with light cardio or by doing a light set of each exercise before going to heavier weights. Lift and lower your weights.

Source: <http://www.productsherbal.com>