

Matt Misiurak AT7 Submission Essay – Adopting the Adonis Lifestyle

I have had quite the journey since competing and placing 5th in AT3. In that contest I lost about 35 lbs in 11 weeks. I had taken my final photos a full week earlier because I knew I was about to “snap” with my diet, and I did. In the weeks to follow I watched my weight gradually increase and my waist along with it obviously. I had started AT7 at 197 lbs and finished at 162, this was November of 2010. Fast forward to August 2011 and I had gained all but a few measly pounds back and was weighing in at 194 lbs again. At this point I decided that something had to change and there was a contest coming up – AT6. I decided not to enter as this led me to be a bit obsessive about the whole thing last time, which eventually led to me losing the physique I had worked so hard to get. Instead I decided to make this a lifestyle and that I would be changing my ways for good, instead of doing a 12 week sprint. This is when my real “transformation” began.

I shadowed the contest and lost a considerable amount of weight while continuing to hit the gym about 5 days a week. It came relatively easy and it was happening without much real thought. I changed my eating habits and had adopted the Adonis lifestyle. By January 2012 I was just a few pounds and an inch away from the weight and waist that I ended at for AT3 but I was in a great head space and felt great with no crazy urges to pig out. I decided that I could handle another contest at this time and submitted photos for AT7. I followed through to the end of this contest without having to make any real adjustments to my new lifestyle and I can now honestly say that I am in the best shape of my life and I have never felt better. This is what the Adonis lifestyle is all about. I feel like I can easily maintain my new physique with the skills I have developed, with your help, over the past 9 months. This time around I did this for nobody but me and I am a much better person for it. I have a new found inner confidence which is really what I was looking for the whole time (ok, maybe the 6 pack too, but maybe they go hand in hand) and for this I can not thank you guys enough for doing what you do and helping me achieve this dream!

Thank you Adonis Team!