

# HOW I LOST 50,5 KGS

IN 5 MONTHS AND 5 DAYS

A HISTORY OF 1061 DAYS OF FAILURES  
AND A PATH TO SUCCESS



**PIOTR KONOPKA**

<https://50kg.pl>

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# Introduction



This is not a book written by a superhero for superheroes. I have made mistakes, strayed from the path, and could be better. And you probably aren't, either. And do you know what, that's OK? That's human. But it's also human to grow and learn from your mistakes. So, let's learn together.

I've always been fatter than other kids (I was the one who stood in goal during a football game as a kid), and as of around 2016, I weighed 140 kg (sometimes a little less - you'll read about that in this book too). I've always been in good shape - going to the pool, cycling, running. But on 18<sup>th</sup> July 2022, I reached my peak weight – 155 kg. As I write the words of this introduction, I weigh 95 kg, which means I have lost 60 kilograms evenly.

This book is a record of my story. I won't describe my life, but I will discuss almost four years. It will be about success but also the road to it. The first part concerns the period from 23<sup>rd</sup> August 2019 to 18<sup>th</sup> July 2022. That is 1061 days, which can be seen as a period of failure. Or (to paraphrase Thomas Edison), it was a period in which I discovered 1061 ways to lose weight that didn't work. The second part is the 158 days (the eponymous five months and five days), during which, using the lessons I learned, I changed my life and lost 50.5 kg.

I thought it would miss the point a little to write another guide without a light grounding in fact and theory. So here, you will find a little approach to justify my decisions and choices.

- The first chapter is a story of my failures, underpinned by both theoretical knowledge and lessons learned from what didn't work in a particular case. There will be some formulae for counting calories, and I will mention caloric deficit and where weight loss comes from in general. I will describe issues related to drinking water or the rate of weight loss. You will learn something about shopping habits and sizeable portions of food. You can read descriptions of risky or miraculous ideas for losing weight using Dr Kwasniewski's diet or pharmacological support. Finally, I will introduce the topic of boxed diets.
- The second chapter is devoted entirely to the radical idea of gastrectomy - if something is not working, perhaps drastic and irreversible measures are needed. I describe the pros and cons of such an idea. I show my thinking in deciding related to such a procedure.
- In the third chapter, we move firmly into my real-life story. I will touch on regularity issues and how changing how we move or eat is relatively simple. It will be about physical activity. I'll also describe my thoughts on gamification, which allows me to pin this down.
- The next chapter introduces diet, calorie counting and the support of those around me in my story - those closest to me and strangers supplying their expertise, whom I paid for their work and commitment.
- Then, I will touch on depression or physical and mental well-being. It will be about health and doctors. I won't leave out issues related to other people's opinions or what it's like to live to be fat.
- In the sixth chapter, you can move on to the element everyone is waiting for: the transformation. You will read about my inspiration and motivation. You will read about how I decided to start again. You will also find a description of how you can achieve your resolution with the support of a weight loss assistant.



- And at the end, you will have a ready-made manual for the complete process. You will read an action plan with practical and ready-made hints on how to go about each step.

Because you know - I've repeatedly attempted to lose weight, BUT I've somewhat pointlessly funded myself with something I don't like. My unsuccessful approaches to weight loss can be described as this.

*"Think about what you hate to eat. Maybe it will be the string beans your mum forced on you as a child. Or the rice on milk that your nursery school Sunshine used to torture you with. Or maybe jelly, which you somehow always associate with alien glutes? OK - let it be jelly. Now imagine that for some mysterious reason (maybe masochism, I don't know), you will eat it every day. For the rest of your life. No matter what. I used to do that too. I'll admit something to you - I hate running, yet on my first instinct, I decided "it will be my sport" (making me lose weight). My sport forever. To the end of my life. And - oh my goodness - I quickly decided it was possible, as my life lasted a few more weeks."*

I used the box diet for the first time in 2004 or 2005. To this day, I remember the crab sticks, which were yucky because they tasted like styrofoam mixed with paper. Because work was essential to me for many years, I was always on the run, always living in a time crunch. This meant I didn't have breakfast, rarely had time for lunch during the day and had one big meal at the end of the day.

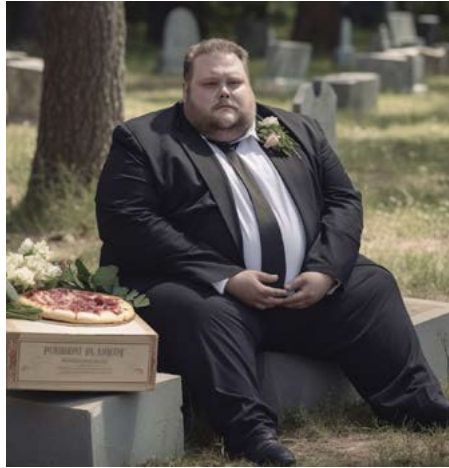
Of course, it wasn't that I ate healthily. Hunger, overeating and a weakness for pizza and other delicacies (pistachios are my Nemesis) did their job. Of alcohol, I liked beer, which was also not conducive to weight loss. Instead of water, I drank sweetened fizzy drinks (admittedly with aspartame or acesulfame) but didn't drink itself.



I kept up my physical condition in spurts. If I went to the gym, pool or bike, I would work out to death. But as soon as I took a break, I forgot that there was such a thing as regular exercise. I had an adventure with pharmacological support - I used Meridia to lose weight.

**To lose weight, I had to become depressed and severely obese. Sometimes people with depression say they woke up driving a car into a head-on collision. I feel like I woke up in the coffin with a pizza box in my hand.**





The fact that I have lost and continue to lose weight results from the sum of my experiences and not a magical transformation. This is only a book for some. I am not a doctor, although doctors do appear in it. This is not a book to diagnose endocrine disorders or other illnesses (see a doctor about those!). I will not help you all. But I would be happy if at least a few people would receive help from my story. I have a circle of people supporting me, so I am lucky. Some people are not so fortunate. But it is then worth seeking help from professionals (psychotherapists, psychologists) who can help in such a situation.

But if my experiences will help at least one person - it is worth sharing such knowledge. That is why this book was written.

# The story of my dietary failures



I can probably write my master's thesis at the AWF (Academy of Physical Education) on weight loss, diets, gym attendance, and regular sports. I would probably get a good grade in it. In this chapter, I would like to describe what I have gone through during my life so that you do not have to make the same mistakes and, instead of many years of trying or failing, you manage in one go.

The sum of the lessons I learned from my failures and attempts made me achieve my long-awaited success in 2022 - I lost 50.5 kg in 5 months and five days (at the time I am writing these words, it is about 60 kg, and I weigh about 95 kg).

## A little theory about weight loss

I will describe some important elements from a practical point of view that are quite theoretical. I can only imagine losing weight without understanding them (or at least just noting that they exist). From a biological point of view, losing weight involves using stored fat in the body to produce energy. When the body needs energy (like thinking, breathing, and moving) and there is a calorie deficit, it turns to stored fat as an energy source. This stored fat is broken down into smaller molecules called fatty acids, which are then transported to the cells and converted into energy in the form of ATP (adenosine triphosphate).<sup>1</sup>

It is a complex process that involves many metabolic pathways and hormonal signals. Still, the basic idea is that the body uses stored fat as an energy source when calorie intake is lower than calorie expenditure (i.e. when we consume more than we eat).

## Caloric deficit

Losing weight is not just about restricting food.

*It is a complex process that involves understanding the science behind weight loss and making healthy choices. One of the most important concepts in weight loss is the idea of a calorie deficit.*

*However, many people struggle to create a calorie deficit because they don't understand how to track their calorie intake properly. So, I will briefly describe the basics of calorie counting, how to count your daily calorie requirements and add tips on making healthy choices to help you achieve a calorie deficit.*

*It's also worth considering not going too extreme with calorie restriction, as this can lead to nutrient deficiencies, muscle loss and a slower metabolism. Instead, I would focus on finding a sustainable calorie deficit that allows you to lose weight slowly and steadily while keeping good health.<sup>2</sup>*

What I've tried all my life and what hasn't worked (in my story, you'll learn why these things don't work on their own):

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<sup>1</sup> <https://link.springer.com/article/10.1186/1743-7075-1-15>

<sup>2</sup> <https://rebund-com.ngontinh24.com/article/calorie-deficit-calculator-2>

# Summary



Over the past few months, I have undergone a remarkable transformation, losing 50.5kg in 5 months and five days. In this book, I share my experiences and the knowledge that helped me achieve this success. I want to thank everyone who supported me and gave me the strength to pursue this unique goal. Now I want to share this experience with you so that you can improve your life.

The process of losing weight is not rectilinear but rather sinusoidal. There will be moments of success, but also moments when it may seem that nothing is changing. It is important to understand yourself, not give up and, above all, to be consistent in your goal.

I want to send you words of encouragement and comfort: each of you can achieve your goal. Keep going even if the road to your destination is long and challenging. Remember that small steps also matter and that every achievement contributes to success.

I am here to help and support you at every stage of this journey. If you have questions or concerns or want to share your achievements, please get in touch with me at [asystent@50kg.pl](mailto:asystent@50kg.pl). Together we can make your dreams of a healthy and happy life a reality.

I am keeping my fingers crossed for you and look forward to hearing your success stories. Together we will achieve important things!



My name is Piotr Konopka. I was born in 1977. I have been running a company helping corporations to employ people with disabilities for many years. I am actively involved in non-governmental organisations. I have been working in a remote model for 16 years and employ people in this way. I am a fan(atic) of Lord of the Rings and Star Wars. I like heavy music, watches, electronic gadgets and tattoos.

I made a present to myself in 2022 - I lost 50.5 kg in 5 months and 5 days.

There's a funny picture of Pawel Jaronski circulating around the web - a doctor diagnosing a patient, saying "You're fat. Please don't be fat." The patient thanks him, the consultation is over. A lot of weight loss advice looks similar. Seemingly simple advice that only looks good on paper. Or in a world of superheroes endowed with superpowers.

This is not a book for superheroes. Nor is it a book written by a superhero. It is a story about how to win despite stumbles and failures. How to learn lessons. How to pick yourself up after successive falls. You will only find advice that works in everyday life. You will get practical advice, tailored to the busy lifestyles of today's world. Based on factual foundations and the knowledge of experts in many fields, but complemented by the true story of a man who has faced himself. Or maybe that's what superheroism is?



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