



**Normal is Fat; Be Weird. How I lost 40 pounds by  
changing a few simple habits and walking every  
day.**

*Josh Hunt*

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Normal Americans eat a normal diet, the SAD (Standard American Diet). If you don't eat the SAD diet, you are just weird. If you go Atkins—not as a diet but as a lifestyle, you are just weird. If you are vegetarian, that is really weird. It is just not normal. Normal people eat the SAD diet. Normal people eat burgers and fries and chips and donuts and ice cream and pizza and they always have dessert. That is just normal.

Dave Ramsey has a saying that I would like to paraphrase. His saying is:

Normal is broke; be weird.

His point is that the average American is broke. If you spend like a normal American, you will be broke. If you use credit cards like a normal American, you will be broke. Normal is broke; be weird.

Here is my paraphrase:

Normal is fat; be weird.

70% of Americans are fat. Be weird. What? You don't want dessert after every meal? What do you mean you want a salad rather than fries? Are you on a special diet? How long will this last? When will you be normal again? When you make healthy choices, people will think you are weird. Let them. Normal is fat; be weird.

When you say you want to go for a walk after dinner, people will think you are weird. Let them. When you say you want to get another 1000 steps in because you have not gotten your 10,000 steps in and it is late, and it is cold, and you walk out the door and post on Facebook that you got a walk in at midnight, people will think you are weird. They will think you are obsessed. They will think you are crazy. They will think you are odd. Let them. Normal is fat, be weird.

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