

Here we go again.

Sorry it's been so long between updates.

Well Project Matt is now the proud father of a bouncing baby boy. I know it's nuts isn't it? Before William was born I was doing a minimum of about 4 group training sessions and 2 pts a week. I was feeling great, the endorphins were pumping and I was getting some great results.

Since the birth obviously I've had to slow down a bit. I'll let everyone in on a secret.... The baby witching hour(s) exist. It just happens to occur during the group training sessions at night. Oh well. I'll catch with the exercise soon.

What a lot of people don't tell you is that post partem depression doesn't just happen to the mothers. Fathers (me included) suffer from it too. I've been struggling the last few weeks. In tears sometimes but I'm working through it. My wife and son are amazing and I can't wait to see my family grow.

As for what's happening with the project I'm proud to say that I'm now down to 92.5 kg that 90 kg still eludes me but I will get there. My muscle definition is really coming through too. I'm now the strongest I have ever been too. We did fitness testing the other night which the results should be posted on the website soon. They were good but there's lots of room to improve.

Well I'm 30 this Sunday. I have now achieved 4 major life goals before I turned 30 1. Met a wonderful woman and married her (Love you Tanya) 2. Built a home for our family 3. Have a child 4. Lost weight and got fit.

Thanks Brad and CDPT for giving me my life back.

Until next time

Keep moving, if I can do it any one can.