

bad news

Posted by xciting - 23 Jan 2012 21:03

Well m8s, i've something to tell you.. 😊

i've increased in weight, to be precise:

😊since i'm in a relationship (2 years) , i've increased circa 8-9 kilo. 😊

sooo i decided to spend my time in workouts instead of being in front of my computer. 😊

i'm sorry but i have to slim down 😊

i will be less active, especially in css, but you can always message me!

😊

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Re: bad news

Posted by Gimp - 23 Jan 2012 21:43

good luck 😊
you'll have that six pack in no time 😊

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Re: bad news

Posted by substick - 23 Jan 2012 21:45

Good luck my friend 😊
You will be like six pack Sub in no time 😊

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Re: bad news

Posted by reacT - 24 Jan 2012 11:31

he means, "Six pack of rolls, Sub" 😊
good luck mate, remember, 60% diet, 40% workout 😊

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Re: bad news

Posted by Nemx - 24 Jan 2012 11:41

Good luck mate, know how you feel been in a relationship for 2 years + myself lol

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Re: bad news

Posted by substick - 24 Jan 2012 13:25

brandishes knife and goes to find Conell

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Re: bad news

Posted by Tunes - 24 Jan 2012 13:31

xciting wrote:

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🗨️

Yeah.. I know what you mean.. girls.. if they cook, were doomed!

I've also taken my toll on the scale and got a few extras since I live togheter with my gf.. and OMG she can cook... nuff said 🗨️

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Re: bad news

Posted by xciting - 24 Jan 2012 20:04

Tunes wrote:

I've also taken my toll on the scale and got a few extras since I live togheter with my gf.. and OMG she can cook... nuff said 😊

wow i've probably been lucky, i dont live together with her... 😊

well, dont want to get fat, sooo i started to work out and to eat healthy food 😊

thank you all, i'll try my best 😊

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Re: bad news

Posted by FroggyFace - 24 Jan 2012 20:20

Good luck with your "new life" 😊

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Re: bad news

Posted by M3ntoz - 24 Jan 2012 20:35

Yeah food is the biggest deal to lose weight

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