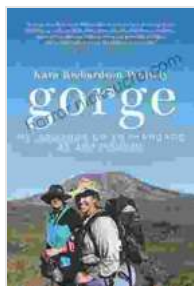


Gorge My Journey Up Kilimanjaro At 300 Pounds: A Story of Triumph and Transformation



Gorge: My Journey Up Kilimanjaro at 300 Pounds

by Kara Richardson Whitely

★★★★☆ 4.4 out of 5

Language : English

File size : 1062 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 274 pages

Screen Reader : Supported

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At 300 pounds, I never thought I would be able to climb Mount Kilimanjaro. But I did it, and it changed my life forever.

I had always been a big guy. I was overweight as a child, and I continued to gain weight as I got older. By the time I was 30, I weighed 300 pounds. I was unhappy with my weight, but I didn't know how to change. I tried dieting and exercise, but nothing seemed to work.

One day, I saw a documentary about a group of people who climbed Mount Kilimanjaro. I was inspired by their story, and I decided that I wanted to do it too. I knew it would be a challenge, but I was determined to succeed.

I started training for my climb by walking and hiking. I also started eating healthier and losing weight. It was a slow process, but I was making progress.

After a year of training, I was ready to climb Kilimanjaro. I flew to Tanzania and met my guide, who was a kind and experienced man. He told me that the climb would be difficult, but that I could do it if I set my mind to it.

We started our climb on a sunny morning. The first few days were relatively easy, but as we climbed higher, the air became thinner and the trail became more challenging. I started to get tired and short of breath, but I kept going.

On the fifth day, we reached the summit of Kilimanjaro. I was exhausted, but I was also exhilarated. I had accomplished something that I never thought I could do. I had climbed Mount Kilimanjaro, and I had lost 30 pounds in the process.

My climb up Kilimanjaro was a life-changing experience. It taught me that anything is possible if you set your mind to it. It also taught me the importance of setting goals and working hard to achieve them.

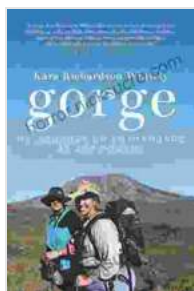
I'm so glad that I decided to climb Kilimanjaro. It was a difficult challenge, but it was also one of the most rewarding experiences of my life.

Here are some tips for climbing Kilimanjaro:

- Start training early and gradually increase your distance and elevation gain.
- Eat a healthy diet and get plenty of rest.

- Listen to your body and take breaks when you need them.
- Stay hydrated by drinking plenty of water.
- Be prepared for altitude sickness and take Diamox if necessary.
- Hire a reputable guide and listen to their advice.
- Pack light and bring only the essentials.
- Be prepared for all types of weather.
- Have fun and enjoy the experience!

If you're thinking about climbing Kilimanjaro, I encourage you to do it. It's a challenging but rewarding experience that will change your life forever.



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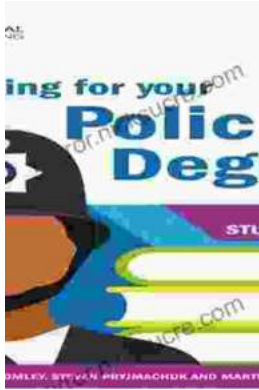
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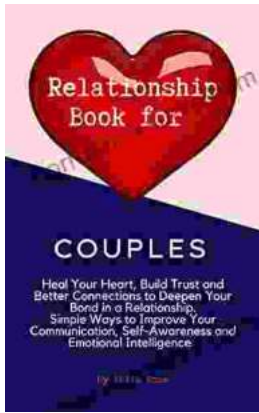
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