

On his quest for a longer life, he got a better one

By Shelby Sebens

Staff Writer

shelby.sebens@starnewsonline.com

When Eddie Yates turned 40, he experienced an abrupt wake-up call.

He weighed 320 pounds and figured he was headed for the same fate as his father and grandfather - who died before their 60th birthdays.

Three years later, the Wilmington man who stands at 6 feet, 3 inches, is 105 pounds lighter, happier and healthier. He broke what he calls an addiction to food and beer. Now, he wants to help others change their lives. Yates, who became a certified life coach a year ago and founded the Quality of Life Institute, will host a free class, "There Were No Fat Cavemen," at 6 p.m. Thursday at the northeast branch of the New Hanover County Library.

We caught up with Yates after his morning workout at Gold's Gym to ask a few questions about his personal success and his plan to help others.

Q: How did you lose the weight?

A: Initially by giving up empty calories, beer and soda - small changes. My big thing is pizza. I cut those out then added movement. And it just kind of snowballed. You start seeing results and you want to see more results. I've never been happier on many levels. I have a closer relationship with my kids. They respect me. Initially I did this for my kids so they would have their daddy longer than I did.

Q: What were the best and worst parts about losing the weight?

A: I had an emotional attachment to food. But once you've made that break and enough time passes, after a while it lets go of its hold. Every day I wake up and say, "This is the new me." I didn't feel this good at 23. This is who I am and I love it.

Q: What do you hope to communicate as a life coach?

A: I've been on the other side. And hopefully people understand that its not going to happen overnight. Where do you want to be? Don't be in a hurry. Weight loss is the result of this new lifestyle. It's about doing the right things and the weight loss will come.

Q: Why were there no fat cavemen?

A: The meat that they did eat was all lean meat. There was no processed food. We've got such an attachment to food the cavemen didn't have.

Q: You say that modern society has a dysfunctional relationship with food. What do you mean by that?

A: Food's role in society has changed. We're living to eat instead of eating to live. It's not that you can't enjoy food. I love going to get sushi. It's a deeper enjoyment. There's no end to this. This is your life. This is it - learn to embrace it.

Shelby Sebens: 755-7963

shelby.sebens@starnewsonline.com

