



My dad was in the army, both my grandad's were in the army, and as a kid all I wanted to be was an Officer in the army. Unfortunately Asthma made this dream impossible for me (I still haven't managed five years clear of symptoms).

I have maintained an interest in military history and the military in general, it was at a Duxford airshow in 2009 when I first saw H4H. I have donated several times and myself and one son are both on our second wrist band, and my smaller son has the teddy bear.

Working in IT, studying, and looking after my family had allowed me to get lazy and hit 18 stone. This prompted me to think about losing some weight, so needing a goal I started looking around and found Gym for Heroes. A charity I believe in and a fitness goal that is currently way out of reach was ideal.

When I started training three months ago I could not do more than two minutes on the rowing machine without back pain, and very sore hips. A complete change of lifestyle has resulted in my losing 39lbs and being nearly fit enough to manage the three hour solo event. I have raised over £150 so far and am already looking for my next challenge.

How do I keep myself motivated? It is very easy, I just think of the people that have suffered to protect my way of life and I can suddenly last for that five minutes extra in training or resist that bag of jelly babies.

Tony Lane 7.7.10

<http://www.bmycharity.com/v2/gymforheroes>
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<http://www.gymforheroes.co.uk>
<http://www.twitter.com/gymforheroes>
<http://www.justgiving.com/Gym-for-Heroes-2010>

