

Overweight???

There have been recent stories in the news about some extremely overweight people. One is the world record holder over 1000 lbs, another hit the scales at over 900 lbs. Sadly, the 900 lb man died from heart failure today. It simply astounds me that they could get that large.

I have a problem with both of these men reaching such weights. Both men were bed ridden, they could not get out of their beds. Both men gained weight after being bed ridden! I can see how they got to the point of being bed ridden. They could feed themselves at that point. I do question how the people taking care of them would not get help to make sure these men lost the weight once they could no longer move. Did they pay people to feed them?

No, you wouldn't want to starve them, but calorie content could be reduced. I'm not sure I would ever want to take care of someone who put themselves into that situation. Hard decision that. Once the person is stuck in their bed, they become wards of someone else. Should we as a society hold these people responsible? Who would make such a call?

Just some thoughts as I try to get this nearly 50 year old body back into shape so I can at least play one more game of softball.