

# People who have lost significant weight and seen decent gains from lifting: what awesome changes did you experience and what did you expect would happen but didn't ever occur?

25 upvotes | 24 March, 2019 | by dtyler86

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## Comments

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Project\_Zero\_Betas • 40 points • 24 March, 2019 02:48 AM

what awesome changes did you experience

Getting IOIs from girls I would otherwise have no business getting IOIs from.

and what did you expect would happen but didn't ever occur?

Nothing, was easily one of the best decisions I ever made.

[deleted] • 3 points • 24 March, 2019 12:02 PM

Bro it's always your business getting IOIs from them.

Project\_Zero\_Betas • 1 point • 24 March, 2019 08:03 PM

Yeah but I understand why girls don't wanna date fat guys: Obesity signals lack of self-respect, and if you don't respect yourself, what are the odds you'll respect them?

[deleted] • 1 point • 24 March, 2019 08:22 PM

While mostly true, there are fat guys who do respect themselves. I don't think it's that complicated for women. Just as men prefer big boobs generally, women prefer toned bodies for short term sex, signal will be good sex, will be strong and good to hold in bed for women.

Project\_Zero\_Betas • 1 point • 24 March, 2019 08:27 PM

there are fat guys who do respect themselves.

Not the ones who are legit obese, 30+ BMI.

I don't think it's that complicated for women. Just as men prefer big boobs generally, women prefer toned bodies for short term sex, signal will be good sex, will be strong and good to hold in bed for women.

There's certainly an aesthetic component for them, I agree, but it also has to do with the guy's will to power and ability to signal self-control.

[deleted] • 1 point • 24 March, 2019 08:29 PM

Yeah, whenever I hear a woman say that, it's just her hamster. Disregard. Women like hot bodies but it's "shallow" to admit that.

Project\_Zero\_Betas • 1 point • 24 March, 2019 08:32 PM

IMVHO, so long as you're not tipping the scales at an embarrassing number, the return on appearance for a guy is diminishing after a certain point, hold all else equal. I'm at the stage where I still need to drop about 10 - 20 more pounds but I'm confident I could get the exact same type of great girls even if I didn't.

[deleted] • 2 points • 24 March, 2019 08:34 PM

Do it and let us know.

garebear19959 • 23 points • 24 March, 2019 03:34 AM

Once I lost 100lbs the world kinda opened up to me.

Females who I thought were totally out of my league starting coming to me. fat family members were jealous.

I didn't really have any expectations but just checking a box on the road to self improvement.

dytler86[S] • 2 points • 24 March, 2019 03:39 AM

That awesome! Those are the things I'm curious about, not just women. Like the shirts that are tight now I'll wear again, family members being proud, better workout and sexual stamina, the happiness to know you're in better shape than you've ever been, etc. or is just so gradual, you're like ... that's kinda cool.

I lost 30 pounds in college and didn't ever feel super proud, more just in disbelief I had ever been so fat before. It was strange

garebear19959 • 4 points • 24 March, 2019 11:17 AM

It's an overall upgrade to all aspects really. ive done a couple drugs but the self improvement high is the real dragon to chase. but be careful. its easier than you think to gain it back. i slacked off for just one semester and gained 30lbs back.

Kept fluctuating between those 30lbs until I started really counting my calories. even when I ran for 4 miles every other day it didn't matter cause I still ate like a pig.

hamagiclamp • 13 points • 24 March, 2019 05:40 AM

Unexpected- penis appears longer Expected but didn't occur- expected to love how my body looked realized that will never happen.

Kurush559 1 points 24 March, 2019 04:22 PM\* **[recovered]**

What's up with this bro? Why do you think you'll never like it?

hamagiclamp • 4 points • 24 March, 2019 04:35 PM

Because my brain will never perceive my body the way it looks in reality. I will always see a fat gut, man titty, and tri-chin. So instead of looking in a mirror or pictures of myself to feel motivated I use numbers such as, reduction in body fat %, increase weight in lifts, minutes jogged without stopping, waist/arms/chest/thigh measurements...etc. Numbers don't lie, my eyes do.

Kurush559 1 points 24 March, 2019 04:37 PM\* **[recovered]**

How can you verify that your brain will never do that? How long has it been since you lost weight? Why are you preempting a life's worth of self hatred?

hamagiclamp • 2 points • 24 March, 2019 04:56 PM

How can you verify that your brain will never do that?

I trust certain people when they say I don't look the way I think I do. There is no other way to verify.

How long has it been since you lost weight?

This is a loaded answer because I spent 10+ years bouncing between healthy and unhealthy. But I've been healthy for 2-3 years now

Why are you preempting a life's worth of self hatred?

Never said I hated myself, just don't love the way my body looks to me. My confidence, self worth, self love, or whatever you want to call it is not based on my appearance. It's based on my accomplishments, my personality, my abilities, my knowledge/wisdom.

I feel like I've walked face first into a shit post

SauliusTRP • 7 points • 24 March, 2019 06:11 AM

Expected but didn't occur: not really more IOIs after 35lbs bulk (skinny to normal weight)

boredathome19 1 points 24 March, 2019 01:02 PM **[recovered]**

Really? Since I went from skinny to normal weight with muscles I got tons of IOIs. I didn't think my body was anything more than average, but girls in clubs offered to swap shirts just for fun and complimented my body. Pretty obvious they just wanted to see me shirtless.

SauliusTRP • 1 point • 24 March, 2019 03:01 PM

Maybe better face or whatever. Also those 35lbs not lean mass, but 12 month progress on +500 kcal bulk, so i would say 40-50% of it should be fat, but on skinny frame it looks normal anyway.

HurricaneHugues • -1 points • 24 March, 2019 02:01 PM

Why should u be rewarded with attention for becoming normal?

SauliusTRP • 3 points • 24 March, 2019 02:59 PM

I added some muscle mass too and i'm 6'4, so i had some expectations. You can ask the same „why some chubbys should become more IOIs if they reach „normal“ weight“.

Aizenchair-sama • 1 point • 24 March, 2019 08:24 PM

How much do you weigh now? I'm 6'4 too and was also extremely skinny, now I'm around 90kg (200 lbs) and still gaining and I get a lot more attention and I can usually pull a girl or 2 whilst clubbing without approaching. Though when I look down I still see my skinny self from when I was 65kg.

SauliusTRP • 1 point • 24 March, 2019 08:48 PM

Im 6'4 (194cm) and 86kg (190lbs), about 16% bf, currently maintaining because summer is close, thats a bulk/maintenance result for 13 months 70-86kg. I don't go to night clubs, so maybe that's why too (drunk girls could be more open to flirt), but i approach more on a day game, but basically never get approached by girls, thats why first message of „no IOIs“

BurntYams • 8 points • 24 March, 2019 04:24 PM

I expected to be drowning in pussy, with girls walking up to me asking for my number. I only got dudes walking up to me asking if we could work out together and what my maxes are. lmao

[deleted] • 14 points • 24 March, 2019 02:45 AM

Health problems disappear but it doesn't make women magically appear

coloredzebra • 7 points • 24 March, 2019 05:22 AM

People's attitudes seem to change once you get some decent size, some respect you, some will test you.

ExistentialEnnuui • 9 points • 24 March, 2019 03:06 PM

This is so true. You get shit tested more by other guys when out and about.

illgiveyouapapow • 8 points • 24 March, 2019 06:01 AM

I lost 100lbs and have good shoulder and trap development and good forearms.

When I lost the weight, girls were attracted to me. Though I was still terrible at talking and being social, so while girls would be initially interested, soon they would realize I wasn't confident or w/e it was they realized, and I would just see the light in their eyes for me die out lol.

So lifting helped me get good first impressions but I was still lost. Still working on all of this but I am steadily improving in the social department. Have come a long way. My next hurdle really is escalation. I feel ready socially but not ready escalation wise.

throwawayyehyeah • 6 points • 24 March, 2019 06:16 AM

I (25) am in no way jacked but I lost about 30 pounds over winter and have been weight training for a few weeks consistently and am currently experiencing nube gains. So far my favorite thing is to look in the mirror and see a better person that what I thought of myself for so long. Call it conceded or what ever. It's great to look in the mirror and feel impressed with yourself

[deleted] • 6 points • 24 March, 2019 12:03 PM

I understand where this post is coming from. Just do it. See for yourself.

neo\_star • 3 points • 24 March, 2019 06:23 AM

People that I know appreciate my efforts on a daily basis. I've lost around 25 kgs and gained significant amounts of muscle mass. Body gains and face gains baby! Guys and girls ask me to start pursuing a career in movies and stage.

StopGaming1234 • 3 points • 24 March, 2019 09:42 AM

The difference of only losing weight is already like day and night.

People treat you with more respect. People value your opinion. You will act differently, with more confidence.

sanos7 • 3 points • 24 March, 2019 11:56 AM

People started looking smaller haha. This was when I went from underweight skinny to normal but fit.

This is mental too. They look smaller = you view them as less intimidating/significant/threatening than before.

And it makes sense. When you're small and delicate others pose more of a potential threat.

Also experienced women touching me more. Random backrubs.

vullnet123 • 3 points • 24 March, 2019 05:38 PM

Went from 6'4 300 to 6'4 190 my senior year of high school, everyone thought I got sick. I noticed a lot more IOIs from actually attractive chicks, went from looking like an incel to a normal dude lol. Gained 60lbs since then when I got depressed and shit, but I'm down 40 again and trust me, it makes a huge difference. Even though I wasn't too fat months ago, you feel and look a lot better skinnier.

AstuteBlackMan • 2 points • 24 March, 2019 05:22 AM

I'm on losing weight currently and I've lost about 27 lbs. I'm just happier as cliché as it sounds

ExistentialEnnui • 2 points • 24 March, 2019 03:02 PM

Change I didn't expect but noticed due to lifting was I no longer had to move out the way when walking. At nights instead of having to walk across, people did that for me.

sealion999 • 5 points • 24 March, 2019 03:14 AM\*

Positive things: you feel better about yourself, you get less health-related risks

But women doesn't care about looks, they care about social intelligence and confidence. Lifting isn't doing anything with that other than turning you to a self-centered narcissistic being.

You can look hot as f and fit as f, but if you're socially retarded you will not get laid. Through observation it's all about strength in the personality, social intelligence and confidence. These things develop in interaction with people

Project\_Zero\_Betas • 8 points • 24 March, 2019 03:21 AM

they care about social intelligence and confidence. Lifting isn't doing anything with that other than turning you to a self-centered narcissistic being.

Lifting and losing weight indicates self-awareness wrt your unhealthy lifestyle. It signals both social intelligence ("Only type of guy girls are less attracted to than an ugly guy is a fat ugly guy") and confidence ("I have the will power to change.") These are attractive features for girls. You sound super beta.

dtyler86[S] • 1 point • 24 March, 2019 03:35 AM

This is the logic I have too. I'm 6'2", have no problem with women and am a little overweight, but not in a fat-guy kinda way, but I always see unattractive and socially awkward jacked dudes killing it. I posted this wondering if the way I hope things will change will actually change. I'm 254 pounds. In college I was 215, but had never lifted a weight in my life so I don't recall having close to the SMV I have now. Makes me wonder, if you're in the 7ish range of looks, personality, etc. but a physical 5, is it realistic to expect my world to change noticeably or dramatically.

Project\_Zero\_Betas • 3 points • 24 March, 2019 03:39 AM

I'm 254 pounds.

I'm your same height, if you can drop like 35 pounds while still lifting, you'll look really good and start seeing a dramatic increase in IOIs.

Makes me wonder, if you're in the 7ish range of looks, personality, etc. but a physical 5, is it realistic to expect my world to change noticeably or dramatically.

So long as you're intelligent, funny, witty, with an interesting personality and not fat, you'd be amazed at the type of girls you can attract. For the top 1% of girls, I'd say they value personality around 90% and looks only 10.

dtyler86[S] • 1 point • 24 March, 2019 03:43 AM

Thanks for the good insights! Not to gloat, but that's been my strongest trait all the years in high school when I was the chunky beta - I was funny, interesting, etc. hoping cutting 20-40 pounds could be the secret sauce.

Project\_Zero\_Betas • 2 points • 24 March, 2019 03:44 AM

Yeah that's a good look. Girls don't seem to mind a little fluff in the middle for guys our height and type so long as we're taking the necessary steps to mitigate it.

dtyler86[S] • 1 point • 24 March, 2019 03:48 AM

I agree. I haven't taken the correct steps all this damn time. I cycle and lift, but until recently I don't think I was being as effective as I am now and I'm finally seeing results. Wondering what to realistically expect

Project\_Zero\_Betas • 1 point • 24 March, 2019 03:49 AM

More confidence and an increase in IOIs. What more could you want?

dtyler86[S] • 2 points • 24 March, 2019 03:56 AM

All that, and to fuck longer, run faster, lower the creeping blood pressure, etc. And not feel inferior to my college self haha

sealion999 • 1 point • 24 March, 2019 03:26 AM

Attractive features, but that doesn't make you an alpha. Being superior evolutionary isn't about being the strongest dude with Neanderthals physics, it's about being the socially smartest. Lifting weights has nothing to do with being socially smart

Project\_Zero\_Betas • 3 points • 24 March, 2019 03:30 AM

Lifting weights has nothing to do with being socially smart

Read the title of the thread: "People who have lost significant weight and seen decent gains from lifting." OP's not talking about people who have been athletes their whole lives, but people who made a conscious decision to change their lifestyle for social purposes. That absolutely indicates a level of social intelligence and self-awareness.

dtyler86[S] • 2 points • 24 March, 2019 03:36 AM

exactly

Project\_Zero\_Betas • 2 points • 24 March, 2019 03:42 AM

:~)

[deleted] • 4 points • 24 March, 2019 03:53 AM

You can look hot af and fit af, but if your socially retarded you will not get laid

Experience this, so true

garebear19959 • 2 points • 24 March, 2019 03:37 AM

It's definitely part of the equation but social intelligence will only get you so far if you look like a blob.

Dallas36 • 2 points • 24 March, 2019 03:17 AM

says the guy that doesn't lift, women love muscular and fit men open your eyes

Atheist\_Utopia • -1 points • 24 March, 2019 10:28 AM

Stop embarrassing yourself and get out of TRP.

dtyler86[S] • 1 point • 24 March, 2019 02:00 PM

You replying to me?

Atheist\_Utopia • 1 point • 24 March, 2019 07:14 PM

No, to the guy that said 'girls don't care about looks'. There's a reason why lifting has become a literal chant on TRP.

dtyler86[S] • 0 points • 24 March, 2019 08:41 PM

Ahhh gotcha. And agreed