

Fatboy to Ironman: The Extraordinary Journey of Jaan Larner



Jaan Larner's story is one of incredible transformation. At his heaviest, he weighed 310 pounds and was struggling with a number of health problems, including high blood pressure, high cholesterol, and sleep apnea. But today, he is a fit and accomplished Ironman triathlete, having completed over 30 Ironman races and setting several world records in the process.

Fatboy To Ironman by Jaan Larner

★★★★☆ 4.1 out of 5

Language : English

File size : 1786 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 172 pages
Lending : Enabled

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Jaan's journey began in 2003, when he was diagnosed with sleep apnea. His doctor told him that he needed to lose weight, and so he started on a diet and exercise program. At first, it was difficult. Jaan had always been overweight, and he had never been much of an athlete. But he was determined to make a change, and so he stuck with it.

Slowly but surely, Jaan started to lose weight. He also started to feel better. His blood pressure and cholesterol levels came down, and his sleep apnea improved. As he lost weight, Jaan also started to become more active. He started walking, and then running. Eventually, he decided to try his first triathlon.

Jaan's first triathlon was a disaster. He finished last, and he was so exhausted that he could barely walk. But he didn't give up. He kept training, and he eventually started to improve. In 2007, he completed his first Ironman triathlon. It was a difficult race, but Jaan persevered and finished in just over 17 hours.

Since then, Jaan has gone on to complete over 30 Ironman triathlons. He has also set several world records in the process. In 2013, he became the first person to complete an Ironman triathlon in under 8 hours. And in 2015,

he set a new world record for the fastest Ironman triathlon by a person over 50 years old.

Jaan's story is an inspiration to anyone who wants to make a change in their life. It shows that anything is possible if you set your mind to it. Jaan's journey from fatboy to Ironman is a testament to the power of hard work, determination, and perseverance.

What can we learn from Jaan Larner's story?

There are many things that we can learn from Jaan Larner's story. Here are a few of the most important:

- It's never too late to make a change in your life.
- Anything is possible if you set your mind to it.
- Hard work, determination, and perseverance are essential for success.
- Don't be afraid to fail. Failure is a part of life. The important thing is to learn from your mistakes and keep moving forward.

If you're looking for inspiration to make a change in your life, then Jaan Larner's story is a must-read. His journey from fatboy to Ironman is a testament to the power of the human spirit. It shows that anything is possible if you set your mind to it.

To learn more about Jaan Larner and his incredible journey, visit his website at www.jaanlarner.com.

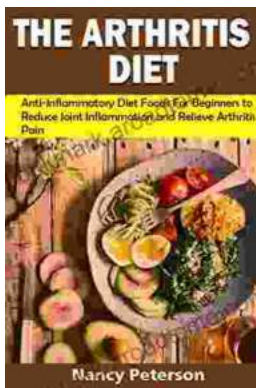
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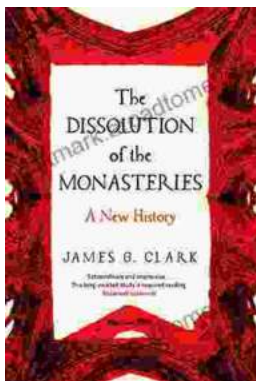


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