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# The Adventures of <sup>Real</sup> Huck Thin



BEFORE



AFTER

Although he used to be overweight and out of shape, Arkansas Governor **Mike Huckabee** has lost more than 100 pounds since 2003. Healthy eating and plenty of regular exercise have become part of his lifestyle, and now he's working to make those habits important to everyone. We got the skinny on his experiences.

**NICKELODEON MAGAZINE:** What were your favorite foods when you were a kid?

**GOVERNOR MIKE HUCKABEE:** I liked anything fried, or packed with sugar or icing. Certainly anything that crunched.

**Were you an athletic kid?**

By the seventh grade, it became pretty evident that I would never quarterback the Dallas Cowboys to a Super Bowl. And if I couldn't be really good at something, I didn't bother being mediocre at it.

**When you decided to lose weight and get healthier, what were the first changes you made?**

I cut out fried foods and sugar. Then I began walking and riding a bicycle. Later I took up running, which I never thought I would do.

**What is something that used to be difficult for you, but is now easy since you're in better shape?**

Going up a flight of steps used to be a chore: My knees would hurt, I would be pouring sweat, and I'd be out of breath. Now I can run for two or three hours and finish feeling great. I want to run until I'm in my eighties, at least.



**Do you miss all the sweets you used to eat?**

No. Once I quit consuming processed sugar and junk foods, I found that my appetite for them disappeared.

**Why should kids care about being healthy?**

If I were a kid I would say, "This is not just about how I look, this is about how I feel and what I can do." Most of us want to be able to participate in activities with our friends and not be worn out and have to quit before they do.

**What advice would you give to a kid who wants to have a healthier lifestyle?**

Go outside, run, jump, play, and be active. You can eat a lot and not gain weight if you stay active. And you should never skip breakfast, which is the most important meal of the day.

**What goes on a Huckabee sandwich?**

Sliced turkey on whole-wheat bread with mustard.

**What did you do with all your old pants after you lost weight?**

I gave a lot of them away. And then I rented some of them out as tents. [laughs] Not really, but I could have! □

