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LINDENWOOD

'Subway Guy' Visits Lindenwood

By MELISSA COSSARINI "The Subway Guy" who lost 245 pounds over the course of one year talked with Lindenwood University students about weight loss and healthy living during a campus visit earlier this year.

During his college years at Indiana University in Bloomington, Ind., Jared Fogle topped the scale at 425 pounds. He suffered from high blood pressure, sleep apnea and edema.

"Life was not fun back then," Fogle told a packed crowd of students in the Anheuser-Busch Leadership Room in the Spellmann Center.

Fogle's daily consumption of 10,000 calories and endless hours playing Nintendo had caught up with him. When he finally admitted to having a problem, he decided to do something about it. His first course of action against obesity was to visit a specialist, who weighed Fogle.

"I thought maybe I weighed 325 pounds," said Fogle. To his amazement, the scale read 425 pounds. "That really opened my eyes."

In March 1998, Fogle walked into a Subway restaurant, picked up a brochure and began counting calories. He ate a six-inch turkey sub with no mayo, cheese or oil and baked chips for lunch. Dinner consisted of a 12-inch veggie sub with diet soda. He followed this menu every day for a year.

"The diet fit my lifestyle and actually tasted good," said Fogle.

In the first three months, Fogle lost 94 pounds. Eager to lose more weight, he started walking 30 minutes a day.

In March 1999, at 190 pounds, Fogle's friend Ryan published an article in their college newspaper about the Subway diet. Because of that article, magazines and media around the country wanted to interview Fogle. In January 2000, Fogle's first Subway commercial aired nationally. He later appeared on Oprah and Larry King Live.

Six years later, Fogle has visited all 50 states and several countries, meeting with young kids and adults to tell his story and just how important it is to eat healthy. He travels 200 days a year and stars in five to seven commercials a year.

"It's amazing what you can do when you put your mind to it," said Fogle. "I just feel very fortunate. Hopefully people can relate to my story."

Nowadays Fogle eats Subway sandwiches only two or three times a week. The sweet onion chicken teriyaki sandwich is his current favorite.

After his presentation, Fogle was surrounded by Lindenwood students, many of whom asked more questions and wanted to be photographed with "The Subway Guy."

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