

Subject: : Beginner Forum

Topic: : Newbie Brookie Expedition/Jam?

Re: Newbie Brookie Expedition/Jam?

Author: : The\_Sasquatch

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URL:

I'm convinced that my increase in small stream fly fishing played a MAJOR role in my weight loss this past year. I'm a huge supporter of the idea that fly fishing is indeed exercise!

The first time I fished with Sal, we went to a small Lanc freestoner. I was about 345lbs and struggled desperately to keep up. I fished that stream on Saturday and rocked it. No problems at all. Love it. Its my favorite kind of fishing.