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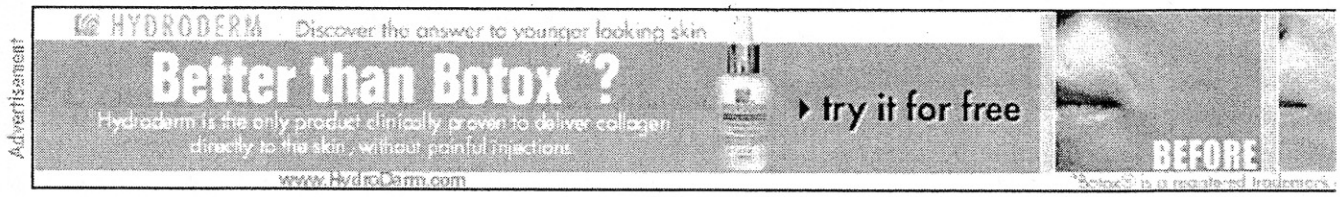

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Arkansas Governor Trims 100 Pounds

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Huckabee has embraced the lifestyle, including his new exercise regimen.

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"I'm trying to be more focused on my blood sugar, blood pressure and cholesterol numbers than I am on weight," Huckabee said. "You need to focus on good habits, good health."

He has switched from walking to running, something he didn't even consider a year ago. He started with one lap around the mansion grounds and now is up to four, running a mile and a half and walking two miles before biking indoors.

"This is the first time I've been running since I was 14 years old in junior high gym class when I was forced to," he said.

His new goal is to run a five-kilometer race, although he hasn't committed to a date. Some friends have started telling the now-trim governor that he can stop losing weight. But that's not how the diet works, he said.

"What's happening is my body is simply adjusting and regulating itself," Huckabee said. "I'm healthy and continuing my exercise without any real effort to lose weight at all."

Losing 100 pounds has altered his outlook on life.

"We ought not to be obsessed with how we look and how much we weigh," he said, "as much as how healthy we are."

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