

4th Annual Conference on **DIABETES**

June 15, 2023 | Webinar

Raheel Siddiqui: The wall breaker**Raheel Siddiqui***University of Baltimore, USA*

My name is Raheel Siddiqui. I am from the Gaithersburg, MD region just outside of Washington D.C. I recently lost 180 LBS and now a Motivational Speaker. I am a HUGE advocate for health & fitness. I was in Men's Health Magazine TWICE and my local NBC news did my weight loss story back and featured me in their "Biggest Loser" segment when I lost my first 150 LBS. My story is very deep and emotional on so many levels. I am in the greatest shape of my life and I cannot wait to share my story with everyone in the conference and share with them how many walls I have broken to get to where I am now.

What will audience learn from your presentation?

(Try to list 3-5 specific items)

- Explain how the audience will be able to use what they learn?

The audience will learn how to never give up, no matter what adversity they are facing especially in this specific topic about battling obesity/weight loss.

- How will this help the audience in their job?

This will help the audience help take care of their mental health as well as their physical health. They will have more energy, more focus & more motivation to do their job more successfully. They will also have less fear of overcoming adversity and will have more of an "attack" mindset with their personal lives & professional lives.

- Is this research that other faculty could use to expand their research or teaching?

Yes. My program has been designed to help people overcome obesity/as well sharpen their mental toughness.

- Does this provide a practical solution to a problem that could simplify or make a designer's job more efficient?

Yes, I do believe so. Every problem has a solution. I was 405 LBS and I had to break many "WALLS" to get to where I am at now. My speech will discuss everything I went through in my life and will teach everyone how to break those "walls" in your life to become a more successful person.

- Will it improve the accuracy of a design, or provide new information to assist in a design problem?

Yes, please see my previous response as it also can be the same answer to this question also.

- List all other benefits.

I will help everyone understand that life has so many "Walls" for us to break. Life is NOT fair. It is not about asking yourself "why" are these challenges happening to me? It is about how do I respond to adversity and BREAK this wall down. I went from 405 LBS to 230 LBS and my story has made me so much stronger physically, but mentally as well. The crowd will learn how I did it and hopefully will implement that in their daily lives as well.

Biography

Raheel Siddiqui was born in Long Island, NY on September 1st, 1982. He graduated from the University of Baltimore, MD Baltimore County (UMBC) back in 2005 with a BA degree. He is married for 6+ years to his wife, Farah Moiduddin. They have a 3 year old son, Rayn (pronounced Rain) Raheel Siddiqui. They live in North Potomac, MD. He is a Motivational Speaker & Senior Sales Executive selling cybersecurity services to the Government. He was in Men's Health Magazine TWICE and his local NBC news in Columbia, MD reported his story about his fitness journey as well. He is now booking speaking engagements at multiple different venues to help discuss the importance of overcoming obesity, fitness, health & wellness.