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Al Sharpton Will Be Chris Christie's Vegan Maintenance Man

Written by Vegetarian Star on May 7th, 2013 in [Food & Drink](#), [Nutrition-Health-Fitness](#), [Politicians](#).

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New Jersey governor **Chris Christie** announced he's undergone lap band surgery to lose weight.

The Reverend **Al Sharpton** chatted with *TMZ* on Christie's life changing health decision, giving his thoughts on losing weight through surgical procedures vs. diet and lifestyle changes.

Sharpton himself lost over 100 pounds changing his diet, and is now a vegan.

He said that although he supports losing weight in a more natural way, Christie's decision to drop pounds through another medical intervention is still an important move.

But if he ever needs advice on eating a tofu steak instead of a lean burger, Sharpton said he can be Christie's "maintenance man."

Of his decision to shun animal products, Sharpton [said](#):

"I dabbled with weight loss ideas, wanting to keep off the pounds I lost. First, I gave up red meat, then chicken. I ran into Bill Clinton, who told me how he has more energy, needs less sleep, and can think more clearly since going vegan, and I can tell you the same thing happened to me. I also kept in mind the words of another vegetarian friend—Coretta Scott King—who always spoke of the ethical reasons to give up meat."

Watch the [clip](#) to hear more of Sharpton's view on community and political leaders staying and looking healthy and more.

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