

Fitness Inspired Success Story

Luke Sprague

Luke's Story: I did a lot of partying, sitting on the couch all week. Eating out and eating frozen and boxed foods at home.

Motivation: My motivation was my athletics I do and I took a few years off from racing Motocross, and began riding again. The activities I do require me to be in top physical shape, at the time I wasn't. I realized I had a lot of hard work ahead of me.

The plan: I began light exercise. My first goal was to start eating healthier. I began cutting down my portions and not eating out so much. I started making more of my meals at home, adding in more fruits and vegetables to my meals. Substituting my sugar drinks and replaced them with water, and healthy fruit juices. I started working Parks and Recreation and made an exercise routine. That started before I went into work. I warmed up with my mile run, followed by some strength training. I did that Monday through Friday every day before work. Other cardio I do is play basketball, some softball, bowling and golf. Riding Motocross on the weekends so everyday I have a bit of something to help me out physically.

Goals: My fitness goals in the future are to get in the best physical shape possible. I tell myself even though I'm fit, that my current fitness is not good enough and I have to keep working hard to get better.

Advice: My advice is to not make your fitness only during the weekdays or part time, But to make it a lifestyle. It will make you feel better going about your day, not only physically, but also great for your self-esteem.