

Fitness Inspired Success Story

Start weight: **325.7**

Present weight: **264.5**

Ruben's Story: Lifestyle before losing weight - With work, kids, and family I found it very difficult to find time for myself to stay active or eat correctly. I was using time as an excuse to not workout or eat healthy. Going out to eat for lunch (5x) and dinner (3x) a week was normal.

Motivation: A 90 day challenge was presented to me by several co-workers. After much thought and harassment (just kidding) I decided to take part in the challenge. Also it was an opportunity for me to get healthier and reduce the high blood pressure.

The Plan: During the challenge a was exercising five to six days a week. Monday through Friday I worked out at Nimkee Fitness during my lunch hour (NO FITNESS LEAVE ☺). On Saturday's I would workout at home.

I would say 90% of my workout for the week consisted of cardio with the remaining 10% being strength training. I had Jayden develop me a plan that would fit my lunch hour, as you can tell, it worked.

My eating habits have changed dramatically! I try to incorporate greens (salads, veggies, etc) in all my dinners and lunch. This is a must for me as it helps me to get full in a healthier way. When I say salads, I don't mean salads with all the wonderful toppings and drench in ranch dressing ☺ My salad would/will consist of greens, tomatoes, green pepper, a combined tablespoon of cheese and sunflower seeds. During the challenge my dressing consisted of lemon juice. Yes! Lemon juice! Give it a try. The majority of my lunches consisted of a protein shake or bar, (usually 30g). This was a quick five minute lunch that actually took a little time to get use too.

Goals: Goals for the future:

- **Wt to be at 235**
- **BMI to be at 15% or below**

- Achieve a mile time under nine minutes
- NO HIGH BLOOD PRESSURE MEDS

Advice: If I can do it, you can do it!.... I never thought that I could lose weight, I just knew how to gain it. Believe in yourself from start to finish, there will be times when you will want to quit (wk 3 for me) but you have to get over that hump and keep on pushing yourself. Don't be afraid to ask questions or get help with creating a workout routine that fits your needs. SCIT community has many resources available, do not hesitate to use them. All program staff are very professional and caring, and want to see you succeed in achieving your goal.