

Fitness Inspired Success Story

Start weight: 195 Lbs.

Present weight: 165Lbs.

John's Story: I started smoking at 18years old, ate too much red meat, ate too much white bread, and I ate too many cookies and sweets. I did not exercise. I recently quit smoking, started eating healthier and started to exercise.

Motivation: My own health and my family's history of heart disease.

The Plan: I try to workout 5 days a week. I run for 1 hour on the treadmill and do some light strength training. I eat wheat bread instead of white and I cut way back on sweets and on soda. I also drink more water.

Goals: I would like to strengthen/tune up my upper body and stomach and put more muscle on my legs.

Advice: Start off light and work your way up. Stay consistent and stay active. Don't expect results right away. Make healthier eating choices and drink more water.