

## Fitness Inspired Success Story

Start weight: 254 lbs.

Present weight: 211 lbs.

***Paul's Story:*** I very rarely exercised, just one day here or there. I ate whatever I wanted, fast food, junk food, and not many fruits and vegetables. I never looked at how many calories were in the foods I was eating.

***Motivation:*** My clothes were getting tighter and I joined a 88 day weight loss challenge

***The Plan:*** I now exercise 5-6 days a week. Jayme gave me a great workout routine that incorporates cardio and strength training and helped me to lose weight.

I also started counting calories of everything I ate and drank. By counting the calories it made me measure and weigh everything that I consumed. I tried to consume 500 less calories than I was allowed a day. So that made me make wiser decisions of the foods I ate. I ate a lot more fresh fruits and vegetables, and lean proteins which contain a lot less calories than processed foods. I was still able to eat a lot of the foods I enjoy; I just ate a smaller portion and was much more aware of how it was prepared.

***Goals:*** I would still like to lose 15 # and tone up and gain some muscle.

***Advice:*** Don't give up; keep trying until something works for you. I have been trying to get in better shape for more than 20 years. I have tried all kinds of diets and workout plans and you just have to find something that works for you. It also helps if you have someone to do a program with. My wife and I did this together and both had great results, it helps to keep each other going and encourage each other. I would also advise everyone to utilize the Nimkee staff, Jayme was a great help to me.