

Fitness Inspired Success Story

Before/After Pictures



Start weight: 245 lbs.

Present weight: 215 lbs.

Rob's Story:

I am twenty five years old. I am going to college to become a Law Enforcement officer. I was always very active throughout high school playing sports and lifting weights. But after I graduated high school I quit working out and went into the workforce. I decided to take a year off from school before I began college. I worked as a bartender for three years until I realized I was going nowhere and eating restaurant food all the time wasn't doing me any good. My one year off from school turned into three and I gained almost fifty pounds since I graduated high school. I decided I had to do something with myself and applied to MMCC the winter of 2011. After starting my program my advisor told me that being a police officer is a pretty demanding job and I had to be in good shape. I told her I would be ready for the police academy. I finally realized I was not in good enough shape to go to the academy and I needed to hit the gym. I am employed at the Soaring Eagle Casino as well as a member of the Sault Tribe of Chippewa Indians, both giving me the opportunity to use the Nimkee Fitness Centers' facility. I began in seeing my trainer, Jaden Harman, in April and have lost a total of 30 lbs. since then!

Motivation:

I needed a change for the good. To become healthier and shed some weight. I needed to be in the best shape I could be to complete the police academy. I not only wanted to be prepared for what the academy was going to put me through but to be more active and have a better well-being.

The Plan:

I work out six days a week. I do a mixture of cardio burst with strength training, circuit training, cardio and core workouts. I have changed my diet to fit my work out so I get all the food I need to help me lose weight and give my body energy.

Goals:

My first fitness goal was to lose thirty pounds which I have achieved. My second goal is to get back down to 190 lbs. I have twenty five more pounds to go and feel like I should have no problem reaching my next goal.

Advice:

My advice to anyone interested in getting in shape is stop saying you want to work out and go do it! Set goals so you have something to look forward to every time you go to the gym. Another bit of good advice is, don't be afraid to ask the gym trainers to help you, take advantage of that and get one. I wouldn't be anywhere without my trainer Jaden. Trainers help you figure out what your goals are and set up programs to help you reach them.