

SUCCESS STORY: TYLER P.

How Bad Do You Want It?

I have been heavy all my life, battling depression, and thereby using food to cope with it. I was about to turn 30 last year and decided enough was enough.

Starting May 2, 2013, I decided to workout,

TOTAL LOST

Duration:

11 months

Weight: 90 lbs

mainly cardio, since that day, I have lost 90 pounds!

I used the results from Healthy Utah to gauge my body and performance.

The numbers were

invaluable in telling me why I needed a big change.

I was able to change my diet drastically, eating portion sizes and in moderation were keys to my success. I also started Brazilian Jiu Jitsu, which helps with my cardio as well. I lost enough and felt confident enough to start working on a bodybuilding program with a coach that I hired, and I plan on competing in my first show in June of this year. The big key for me was that I didn't cut out the foods that

I loved, I just cut down the portion sizes and worked out every day.

My suggestion for others would be to start by getting your first body composition readings by Healthy Utah, to see where you are. I didn't worry about the scale, my body composition changed, at times my weight didn't change as I became leaner. Take notice at how your clothes feel and how your loved ones notice your change. A big thing that helped me was the fact that I measured my body with a tape measure, it helped me see the constant physical change.

Anyone can do this, it just depends on how bad you want it. No one but you can make this change. It will be hard and painful at times, but completely worth it. I am a new person, it was amusing when friends and family did not recognize me.

– Tyler P.



BEFORE



AFTER