

# *Fitness Inspired Transformations*



## **Ed Palmer**

### **I have endured 18 knee operations.**

Over the past 25 years, I have endured 18 knee operations, including four total replacements. The second set of replacements was needed because I wore out the first with my active work schedule and weight. I have a full time pacemaker, kidney issues, syncope and arthritis. I knew I could not continue at this rate without more health related issues.

At the beginning of my transformation, I weighed 320 pounds. My first promise to myself was to lose 80 pounds. Secondly, I would do it sensibly. Third, I would get in the best physical shape I could with the medical issues I faced. Nothing was going to get better unless I made it happen.

My rewards would be to enjoy life on a daily basis, keep things positive in my life, and have stamina to work harder at the things I enjoy most — including family, fishing, art and cooking.

I needed to find a facility that offered me equipment and personnel support to allow me to work safely with my mobility and health issues. I found that with BAC in July 2007. I have worked with Kelly Bowlin from the beginning. She listened to me, worked with me to develop a good routine, was flexible to make changes, and was available when I needed help. I also made sure my doctors supported this plan. I made changes to my diet and eating habits, adding more fish, fruit, and fresh vegetables. I also eat out less and exercise portion control!



### **My blood pressure is almost perfect.**

My biggest challenge is constant pain from my knees and arthritis. Another big challenge is mobility. I face these knowing that with fitness I am getting stronger and healthier.

I celebrate many achievements. By September 2008, I weighed 239 pounds — 80 pounds off makes quite a difference. I am very pleased that my kidney function has improved almost 25 points, which my doctor attributes to the exercise program along with a vitamin regimen. My blood pressure is almost perfect. I have reduced my prescription medicine by almost half! I am much stronger and my balance has improved. I have replaced my entire wardrobe.

I plan to continue with my current workout program, to eat fresh, wholesome foods and to stay positive.

My recommendation is to set goals, knowing that you won't attain all of them all the time. Never give up. Find someone who will listen and will understand what you want to achieve. Be focused.