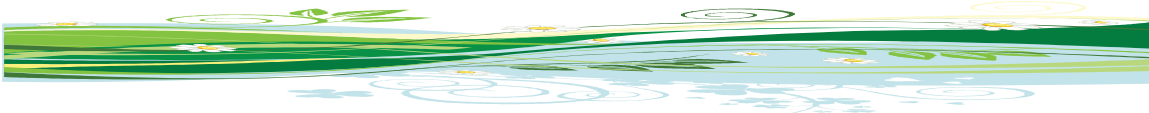


Fitness Inspired Transformations



Jeff Carr

I was at a now or never moment.

In April 2007, I was 51 years old and overweight. Like most people, I had tried and failed to lose weight and get in shape. I had joined and quit Bay Athletic Club because I was not motivated. I was at a now- or- never moment when I heard about the WBKB-TV "Battle of the Bulge" contest. I applied for the fitness challenge, led in part by Bay Athletic Club, and told my wife that if I were accepted it would be a new beginning. And it was.

My first goal was to lose the most weight and inches of all the participants in the Battle of the Bulge. I worked hard and won. Now I had to decide whether to save my "fat clothes." They were too big to wear, but too risky to live without.

Initially, I knew nothing about healthy living. I needed structure. During "Battle of the Bulge," I learned about proper eating and really listened to my BAC trainers. I joined Boot Camp in July 2007 and afterward met with Tracie Werblow. She set up a program that included TurboKick™, Just Abs, and Yoga. I also did circuit training and cardio on my own. At Bay Athletic Club, I was always supported and encouraged by staff and fellow athletes.



I lost 70 pounds.

Health is not in a pill, it is in YOU!

Although I have accomplished my initial goals, it was not easy. When I hit a plateau, I joined another Boot Camp and Athletic Training Camp. I started personal training with Casey Stutzman to build strength and lose body fat. I was faced with another challenge. I went through knee surgery for a torn meniscus. After a four-week recovery, I returned to my workouts.

I'm continually progressing. I have lost more than 70 pounds and am on my way to hitting 100 pounds. I dropped from a size 46 to 38 waist.

I have a new goal. It is bold and it fits my need for structure. As my trainer Casey prepared for his fourth Body Building competition, I was inspired to follow part of his training regime. I plan to go full force in Spring 2009 to train for a Natural Body Building Competition in the fall.

The best inspirational advice for someone who was in my position just one year ago is this — stop watching TV infomercials! Fitness and health is not in a pill, it is not in a chair, it is in you! Find it and act on it!

It will take work, but it is worth every drop of sweat. Get help from those who are passionate and knowledgeable. The BAC staff is the best! It doesn't matter how distant your goal appears.

Go at it one day at a time, and rejoice in the little victories!

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