

Motivation



Meet John! He is one of the hardest working, most consistent clients I have seen in my 20+ years in the fitness industry. At one point in his life he weighed 342lbs. He is currently 218lbs., 10% body fat, and in the best shape of his life.

How did he do it? Consistency was key, workouts were key, and nutrition was obviously key. Again, how did he do it? He followed "OUR" program! When I say "OUR", I mean you and me. That's right! He followed the nutrition plan you guys just went through, he works out with us at F3, and he chose to make a change.

No he didn't do it in 12 weeks. He did it in 2 years. He started first by working out a few times per week, then working out most days, then cleaning up his diet followed by monitoring his carb intake and over the last 90 days incorporated intermittent fasting. We love John's story because it is relatable, real and proves that slow and steady progress is best. It's sustainable He did however take his body fat % from 21% to 10% in 90 days.