

SPARTA ATHLETIC

Weight Loss Success Story

Bill Oakes, who has been an active member of Sparta Athletic for only one short year has overcome his weight challenges. Being 100 pounds overweight and XXX shirts, he tried several exercise programs and diets that never seemed to work. After many conversations with his good friend, who always encouraged him to lose weight, he decided to meet Charlene, a personal trainer at Sparta Athletic. Upon his first meeting with Charlene (March 17, 2012), he knew he had to lose weight and was finally determined to do it.



Charlene took Bill through a series of exercises, so she could determine his physical abilities and limitations. He was completely devastated because he couldn't do more than one pushup. He had zero ability to walk on a treadmill or lift any amount of weight. Being only 54 years old, Bill knew he wanted to live a long healthy life and feel good about himself again. He decided to make the commitment and begin his journey that day.

Charlene was with Bill every step of the way. He put forth the effort, made the commitment and Charlene helped him every step of the way. Together, they began looking at his diet. Charlene began educating Bill on portion control and healthy eating choices. Once he realized how to eat right, he began cooking his own food, measuring his portions and actually savoring the taste of wholesome food. Bill eats breakfast, lunch and dinner, as well as three snacks per day. Bill eats everything, but in moderation. He began journaling all of his food and exercising 5 days per week. He began training two times per week with Charlene and three days per week on his own.

With all the rhetoric above the bottom line, Bill lost some 95 lbs. He is now officially lighter than his playing weight in college. He lost about 10 inches on his waist alone. His blood pressure meds have been reduced and he has never felt better. He now has the confidence to go to restaurants without feeling self-conscious. He looks forward to going to the gym no longer self-conscious about his appearance. And all of the members and staff at the gym have been very supportive.

He still would like to lose about more 20 pounds, but is taking it slowly. His doctor says he has increased his life expectancy and when he loses the rest of the weight he can look forward to a long and healthy life. Bill is comforted in the knowledge that as he continues on his journey he will do so with his coach, mentor and support group, Charlene.

He would like to say to all of you who may need to lose weight: "Make a commitment to yourself. You have to step up for YOU and change the output. If you have the mindset...YOU CAN DO IT!!"

Bill Oakes, Sparta NJ *(Article submitted by Sparta Athletic Club)*

