

I Lost 33 Pounds in 30 Days

When the time came for me to say, "Enough is enough, I will no longer be fat"; I went to get help. I was weighing over 325 pounds and I was feeling sluggish and very unhealthy. I was in the worst shape of my life. I had gained well over 90 pounds during the last 8 years. The simplest tasks such as putting on my sneakers would leave me out of breath. I had tried every diet on the market along with countless video tape workouts and even a few personal trainers. The diets would work as a part time solution but were not realistic and would cause me to gain more than I had lost. The tapes lacked the accountability of a live trainer, and the trainers I did hire lacked the nutritional knowledge that would benefit me in the real world and one of them even caused me to injure myself and not be able to train for over 2 years.

At 38 years of age I felt my health slipping away. I knew I was a ticking time bomb, just on Double Quarter Pounder away from a massive heart attack. This was very disturbing because I have a 4 year old son who is counting on me being there to raise him. I finally took a good long look in the mirror and decided to make a real and lasting change in my life. That is when I chose to take control of my life and never be fat again.

I was determined to find the best personal trainer in Miami. I remembered that when I was in way better shape back in 1997, I had taken a Cardio Kick Boxing Class and the instructor who was teaching the class gave such an intense class that I was too sore to ride my motorcycle home that night and I had to get a ride home. I needed that trainer. That trainer was Sury Nieves. I met her at her fitness club The Health Joint and Sury, her husband Jose Lima, and "Mr. Salud"; Ray Llano have helped me transform myself into a new person. I started a personal training and nutritional program on March 10th, 2009 and I have lost 33 pounds in my first 30 days. They have listened to my goal and have set up a workout and diet that will help me achieve those goals. Sury Nieves, Jose Lima, and Ray Llanos have been a great support team at The Health Joint and my wife has been awesome helping me get my meals ready. I can honestly say they are saving my life. Thank you all very much.

***Update: I have lost 40 Pounds in 42 Days. I am not hungry. My energy levels are higher than ever. My skin looks and feels awesome. I feel healthy and that is the most important thing of all.