



Losing 72 LBS and Developing Confidence Along the Way

By: Taylor Egner - Get Strong Denver member

I started working out with the group at Get Strong Denver in late February of 2012, at the time weighing 292 pounds (though there were times in my life where I had been over 300). I had been struggling with my weight since I was just a young boy, maybe 8 or 9 years old, and had tried numerous times to get in shape but failed in the effort. I am a whole hearted believer in the idea that true personal change comes only from crisis. That doesn't have to mean something earth shattering; a crisis can be something as simple as not having the energy to play with your child or having to stop halfway up a flight of stairs to catch your breath. For me, this crisis had to do with a recurring shoulder injury which, while not directly related to my weight problem, became the focal point for my unhealthy lifestyle. One day, I was sitting at the breakfast table and reached my arm in a yawn when the shoulder popped out again, and in that moment I became overcome with emotion.

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All of the anger, frustration, sadness, and pain I had endured as a result of my unhealthy lifestyle came raining down on me and I decided in that moment that I had to change. Not that I wanted to change, not that I could think of how life would be better if I did, but that I simply had to *do something* about it.



At the time, my mother was working with the trainers at Get Strong and she offered to sponsor me, an offer which I accepted (though not without my personal doubts). Needless to say, that was the decision that changed my life. **It has been about a year now and I am now down to a little less than 220 pounds, a total loss of 72 pounds** – though I usually feel justified in padding that number just a wee bit when I speak of it. My lifestyle has changed drastically as a result of my weight loss and with it my outlook on life. I can say for sure that I couldn't have achieved the level of success I did without the continual support of Neil, Eileen and Kelli, the trainers at Get Strong. They helped me on my way, never flinching in their positive attitude and their support of my effort. All the while offering guidance on not just what I did in the gym but

what I did outside the gym, pushing me gently to adopt the type of healthy lifestyle that would allow me

to lose the weight and, more importantly, sustain the loss. The friendly and welcoming atmosphere of the gym combined with the personal attention that they give in the small-group format really serve to make the intimidating task of becoming fit (or Getting Strong if you will) one that is completely attainable

I still have work to do - one can always be better no matter his position in life, but I know now that I can accomplish whatever I design because I have been able to develop (Note: not find, but develop) the personal strength and confidence to carry myself through anything I choose to do. If I had a piece of advice to give, being now on the other side of what I know for me was a daunting hill to climb, it would be this: **If you desire change, look for your crisis.**

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Look for the moment in your life where the reality of your situation is undeniable and you will find that once you see that change is, in fact, a necessity and not simply a matter of desire, you'll just get up and do it.

"Taylor is extremely dedicated to his fitness and he gives 100% every time he attends a training session. There is no doubt he will reach his weight goal in the next few months and the fact that he's already planning outdoor activities for the spring/summer just shows he's ready to take that next step. We are all excited to be a part of this journey with you Taylor!" –Kelli Hahn, CPT



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