Here you'll find my monthly calendar, my karate training, workouts, diet tips and MUCH MORE!!!

I created this site to show everything that I have done to get to where I’m currently at. I believe that with enough effort and dedication anyone can attain any goal they set their mind too. 6 years ago I made the contiguous choice to turn my life around. At that time I was out of shape and unhappy with how my life was going. I lacked confidence in myself and I struggled with social activities. So I Started my journey to become fit with P90X, the home workout program, 6 years of hard work and dedication and I now have so much more confidence in myself, I love going out into this world to meet new people and experience new things! I owe a lot of my success to the people who supported me from day one. So I made this website so that I can be that support and guidance in your life

I remember how tough it was to make this change in my life. I didn't have many people to talk to about it, I didn't know where to go to have my questions answered and overall, I just felt like I was going through the process all alone. I know how that feels and I want to make sure no one else feels this way when they're making a positive change in their life. So now, I’m paying it forward! I'm not a personal trainer or dietitian; I'm just a guy who found what works best for me through trial and error. If I can help ANYONE with questions on training, dieting or just be a person people come to for motivation, I WANT TO BE THAT PERSON!!! I encourage anyone to send me an email with the email button at the top right of the screen, I will help as best as I possibly can. I charge NOTHING for any of my advice, I don't believe in making money off someone who is looking to get started!

So thanks again for visiting! Please check out the rest of my page, I hope you enjoy this site and I can’t wait to be a part of your fitness journey!!!