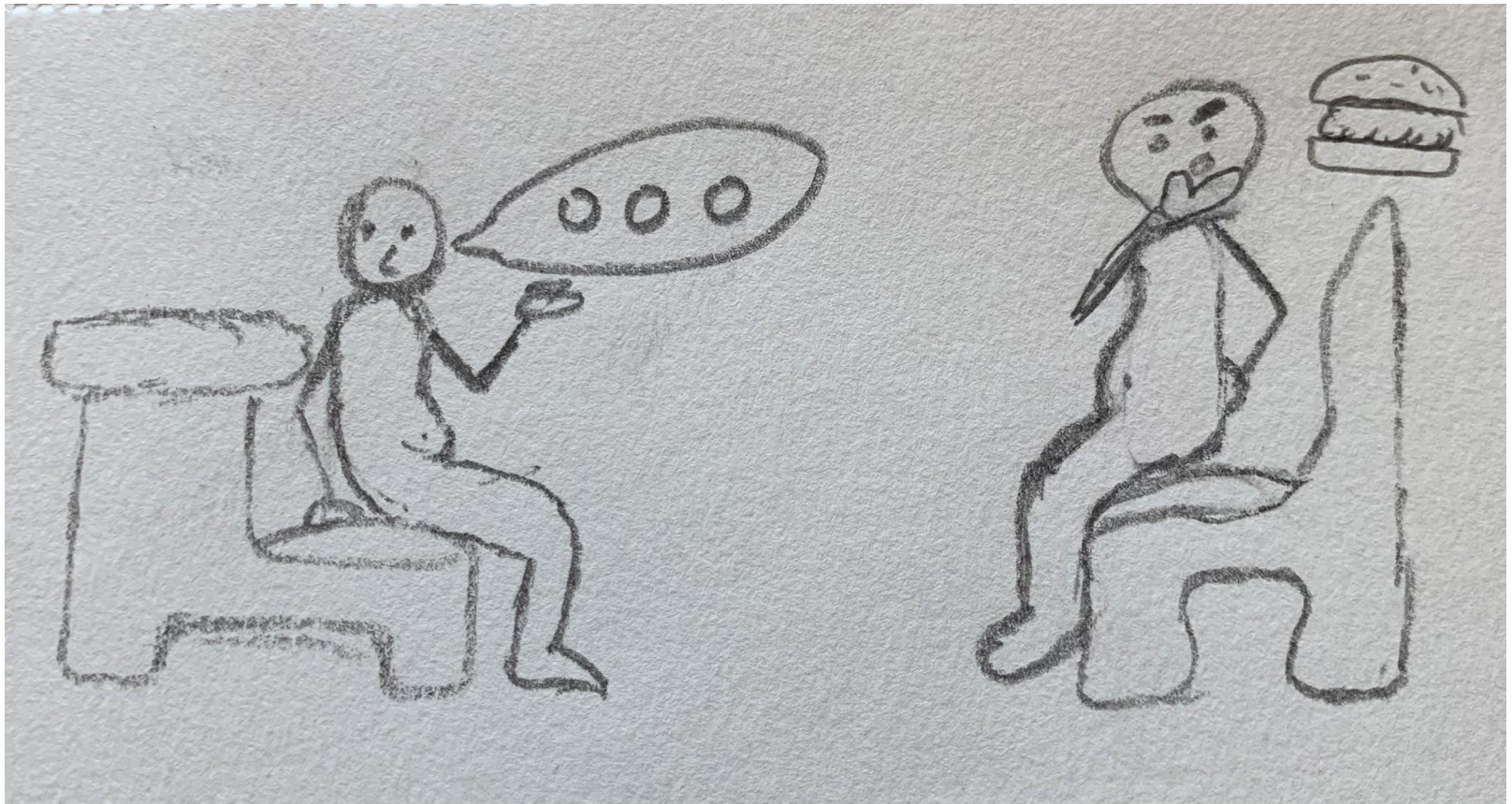
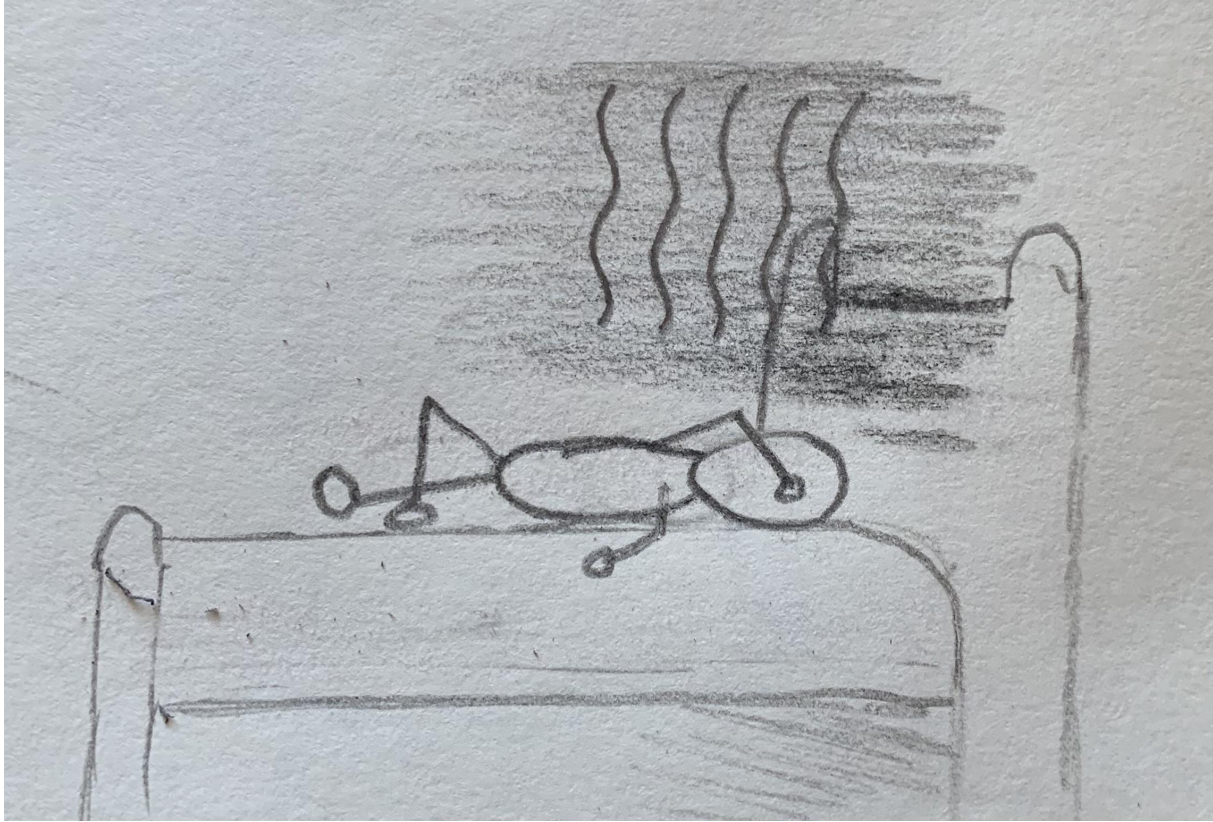


Big Boy Bernie

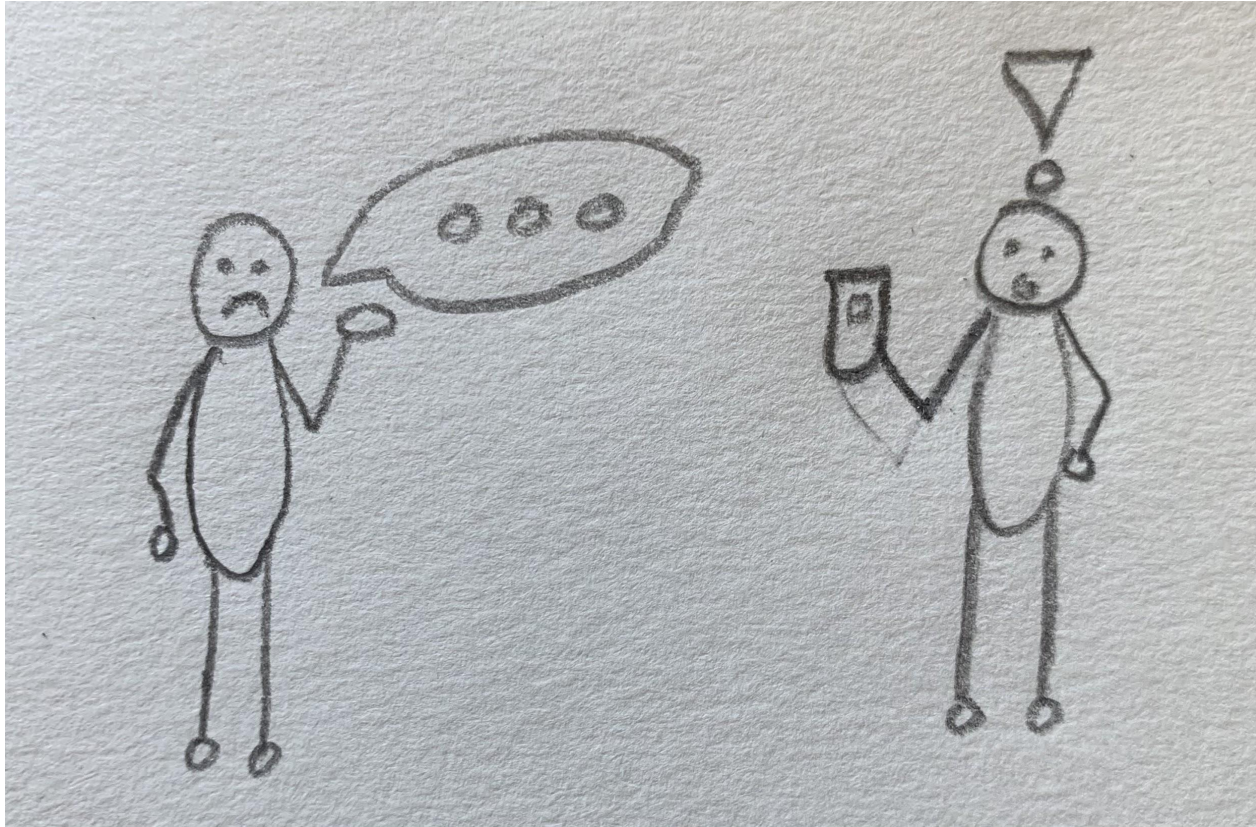
Thomas Vu



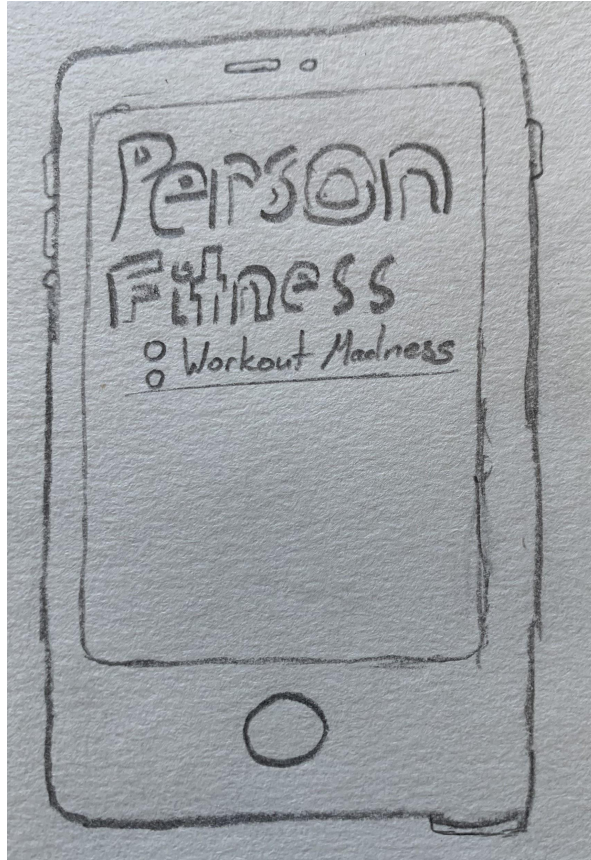
Bernie spends a majority of his day working as a therapist for numerous patients. He would sit around listening to other people's issues and would provide advice to help them cope and confront their problems.



Often times Bernie would lay on his bed with nothing to do which made him tired, frustrated, and depressed. Bernie would always listen to other people's problems, but no one ever asked how he felt.



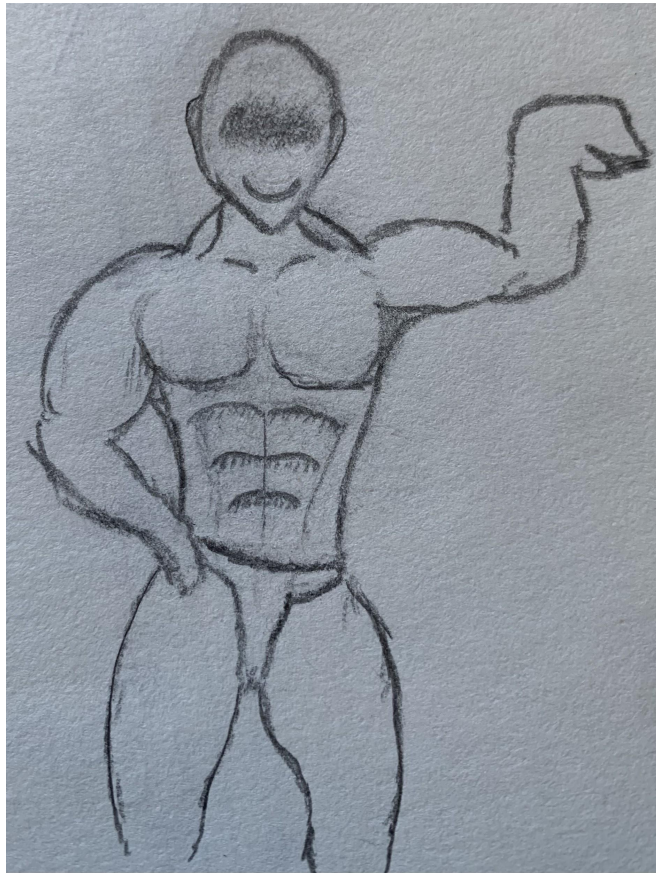
Bernie decided to talk to one of his friends about his issue, and he introduced him to a new app called Personal Fitness: Workout Madness.



Bernie hesitated before downloading the app. He always enjoyed running and thought that weightlifting would not be a good fit for him.



Using the app was confusing and awkward at first. Bernie felt uncomfortable lifting weights around others, especially since he couldn't even pick up a 10lb dumbbell.



After he got the hang of it, Bernie would workout five days a week. He became more active and more confident in himself.