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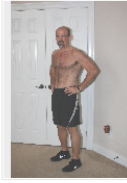
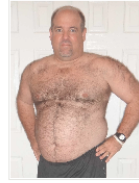
My Coach

Message Center

My Profile

## Robert T.

Share



Age: 50  
Gender: Male  
State: Texas  
Primary Program: P90X®  
Supplement: Shakeology®



My Stats		
	BEFORE	AFTER
Height	5'10	
Weight	266	216
Dress/Pants Size	44	36
Waist	50	41
Hips	45	40
Chest	47	44
Right Arm	16	14
Left Arm	16	15
Right Thigh	26	25
Left Thigh	26	25
Body Fat %	34	25
as-of	03/15/2014	

Robert T.  
Lost 90 lbs. and put sleep apnea to bed!

I no longer take cholesterol, blood pressure, or heart rhythm medications, and I no longer have sleep apnea or require a CPAP machine. I feel 10 years younger and I have an energy level I have not had in decades. Plus I have a whole new positive outlook on life. This has been a truly life changing transformation.

What Robert T. won:  
**\$26,000**

**Tell us about your life before you started the program. How did you feel about yourself and your body?\***

In July 2012, I broke my leg whitewater rafting in Colorado and it took until almost the end of the year before I was fully recovered. Over that period of time, my health deteriorated to the point that I weight 266 lbs, had 36% body fat, the circumference of my mid-section was 50 inches, and I wore 44 inch waist pants and XXL shirts. I was completely out of shape from a strength and aerobic perspective.

**What inspired you to change your life and begin your transformation journey?\***

I was embarrassed about my weight and the condition I had let my body deteriorate to and I knew I needed to make a change. I realized I would be turning 50 in November 2013 and decided that would be a good milestone to use as a catalyst to change. So I set my goal to lose 50 lbs before I turned 50.....and that is where I began my personal 50by50 Fitness Journey.

**What is the greatest challenge you faced before beginning the program? How did the program and Beachbody® help you overcome that challenge?\***

I was diagnosed with metabolic syndrome and insulin resistance. I was taking cholesterol reducing meds, blood pressure meds, meds to help control my heart rhythm and had severe sleep apnea which required me to sleep and travel with a CPAP machine. And even worse, I did not sleep well and just did not feel well most of the time. Completing P90X was a great start to my Fitness Journey and got me well along the way to solving many of these problems.

**Why did you choose this particular program?**

P90X seemed like a well rounded program, with both cardio and resistance training and I felt I needed both aspects to boost and maintain the high metabolism required for effective fat burning.

**What in particular did you like about the program you chose?\***

It was a combination of both cardio and resistance training.

**Describe the results you achieved with your Beachbody program. Which achievements are you proud of?\***

P90X was the start to that overall journey that transformed my life. Ultimately, I continued to work out and also completed P90X3 in 2014 and dropped an additional 40 lbs (90 lbs total). At Thanksgiving 2013 I ran a 5 mile race in under 43 minutes and in March 2014, I ran a 5K race in less than 24 minutes...which was good enough to place 1st in my age group, 2nd in all runners over 40 and 27th out of 400 runners of all ages.

**How has your life changed since completing your Beachbody program?\***

I now have leveled my weight off at 175 lbs following both P90X and P90X3. My body fat is in the 14% range and my mid-section circumference is 34 inches. I now wear size 32 inch waist pants and M/L shirts. I no longer take any cholesterol, blood pressure or heart rhythm medication and I no longer have sleep apnea or require a CPAP machine. I feel 10 years younger and I have an energy level I have not had in decades.....plus I have a whole new positive outlook on life. This has been a truly life changing transformation.

**How did participating in a Challenge Group help you reach your goals? How did your group support you and keep you accountable?**

I did not participate in a Challenge Group for P90X but I did for P90X3. I was very surprised how motivating participating in this was and how much I enjoyed the interactions. I have since become a coach and I am in the process of starting my own Challenge group.

**How did a Beachbody Supplement or Nutritional Product or Program (such as Shakeology® or Beachbody Ultimate Reset®) support your transformation? What are the greatest benefits you gained? Did you see benefits to your energy, sleep, mood/mental clarity, digestion/regularity?**

I drank Shakeology during my P90X program and found it a good meal replacement for lunch. There were so many changes in my body going on during that time, I cannot attribute anything specific to Shakeology. I have since started drinking it again to see if I can really see an impact.

**What tips or tools did you find most useful? What made them instrumental?**

Using a food / exercise tracking app like Loseit was one of my keys to success.

Take The Challenge



Get in the best shape of your life and you can win over \$100,000!

Enter

Find Buddies



Grab some Workout Buddies and build your own Team Beachbody! Get support, get motivated, and get lean!

Find Workout Buddies

Featured Products



Introducing a fruitier and more refreshing Greenberry. Looking for a tangy treat that's incredibly healthy for you too? Then give our new and improved Greenberry Shakeology® a try. Now with more protein, less sugar and fewer calories—plus 3 new superfoods!

Learn more