

LETTER OF THE MONTH

In 2007, after being medically discharged from the U.S. military, I lost all desire to stay in shape. It was two years before I decided to get my life in order; I had ballooned from 190 to 227 pounds. I started with walks around the park, then began to jog five minutes at a time. After two months I realized that education was key, so I enrolled in a fitness trainer program, and continued to read M&F for diet and exercise tips. Seven weeks later I had lost 34 pounds, and I was more muscular, more defined and felt great.

Darien Cornish, San Diego

NEVER GET BORED

I've been reading M&F for as long as I can remember, and what I like best is that I never get bored at the gym because I always have a new workout to try. Because my routines keep changing, I stay focused and continue to make gains. I especially like the MMA workouts. Thanks for keeping me up to date on the latest trends.

Alex Flocas
Via e-mail

NEW APPROACH



Over the last year, I've seen you publish more athlete-based routines; now you promote the use of bands, chains, medicine balls and plyometrics. This has helped me transform my body into something I'm truly proud of. Bodybuilding just wasn't

for me, but sport-science training is. While I have a ton of respect for guys such as Jay Cutler and Dexter Jackson, I pride myself on being built for performance, not just appearance.

Robert Corapi
Copiague, New York

WEIGHTS, RECOVERY

We'd like to thank M&F for the part it has played in our recoveries from addiction. All of our stories are a little different, but we all ended up at the New Life Recovery Program lost, scared and wanting a new way of life. A handful of us began lifting weights, and with the help of M&F we've learned new techniques and diet tips. We've grown spiritually and physically, and are looking forward in life once again.

Scott, Eric, James, Cory, Dave
Redding, California

WRITE US!

Send a letter and true 35mm photo to MUSCLE & FITNESS, Feedback, 21100 Erwin St., Woodland Hills, CA 91367, or e-mail your letter and 300-dpi jpeg to musclefeedback@weiderpub.com. You can also visit muscleandfitness.com.

SUCCESS STORY OF THE MONTH:

Dennis W. Rowley, CPT, CN



>> My dedication to health began in April 2003: I was 43 years old but felt much older. Several people in my family had died from cancer and other diseases, and watching them and even some younger friends get sick made me question my own lifestyle. I was struggling, too: I had chronic fatigue syndrome, acid reflux, sleep apnea, high blood pressure, high cholesterol, type 2 diabetes, arthritis, allergies, degenerative discs in my back and a chronic cough. I was on six medications and fatigued all the time, with no energy to do anything active. At 240 pounds, I was sick and tired of being sick and tired. All I had were my children, and unless I made a U-turn I wasn't going to be around for them.

"I made dietary changes a little at a time and lost 50 pounds the first year. Then I dropped 20 more and quit smoking"

I began lifting weights, doing cardio and changing my diet. My eating habits were horrible, consisting mainly of fast food, Chinese takeout and sub sandwiches, resulting in a lack of fruit and vegetables. I began keeping a food journal and made small changes, improving my diet each week until I lost 50 pounds the first year. I dropped 20 more pounds the second year and quit smoking after 30 years. Currently I eat 95% healthy, weight-train five days a week and do cardio 3-4 times a week. Running and water-skiing — not channel-surfing — have become my favorite free-time activities. I have none of my previous health concerns.

I believe there are six keys to good health: eating the right foods, taking the right supplements, conditioning the body with both cardio and weight-bearing exercise, managing your intake of toxins, avoiding stress and, most important, prayer. God gave us self-healing bodies. My purpose in life is to help those who want help and are willing to listen. You just have to believe it will work.

To share your success story, send a 400-word letter and 300-dpi "before" and "after" jpegs to musclefeedback@weiderpub.com, or mail your letter and 35mm photos (no printouts) to M&F Success Stories, 21100 Erwin St., Woodland Hills, CA 91367. We will pay \$100 upon publication. Any material submitted becomes the sole property of M&F and shall constitute a grant to the use of your name, likeness and story in any way deemed necessary. Materials cannot be returned.