

My Transformation By Marquis Robbins

This has roughly been a 3-year journey of trying to figure out a healthy lifestyle. It started almost 3 years ago when at my local gym I was introduced to my 3rd trainer because the previous trainers quit. He asked me what my goals were and was quite honest that it was going to take consistency, discipline, and dedication from cardio to weights and especially diet. See at that time I weighed in roughly around 240 pounds which was the highest I had ever weighed, and I was wearing a size 40 in the pants.

As stated, this was a journey for the next 2 years, I was one foot in the water when it came to committing to the whole program. Whether it was doing cardio, being consistent with my training sessions, and even consistency with my diet at any point with either of these I could be one foot in. My trainer continues to believe in me through these ups and downs. As I would make strides, I would still get down on myself if the results were not fast enough which led me back to the vicious cycle of one foot in.

Something changed last year, and I believed it started with the pandemic. The gym closed down as most things did for a few months and I did no training. I tried to maintain my diet but there were times of falling off the wagon. During this time, I saw how people who had health problems were at higher risks to succumb to Covid-19 than those with no health issues. So, when the gym reopened, I was determined to get to the point of having 2 feet in for the process. I became consistent with coming to the gym and keeping my training sessions. My diet was not where it needed to be but it was definitely better. I started cooking the things that I needed to eat and soon it became enjoyable to cook. The one area that was really lacking was the cardio.

Persistence does pay off. Now come to the beginning of 2021 and my trainer gave me a goal which was to enter into this competition. My competitive juices began to flow. From that point, I was consistent with my cardio. I started with 15 minutes, 30 minutes, 45 minutes, and finally up to 1 hour on the stair master. As I progressed with my cardio, I started to see the weight come off. When I was stagnant, I made changes to my diet because cardio and weight training was on target. I went from cooking to frozen meal prep to finally fresh food meal preps to monitor my macros and make sure I was eating the right thing. At this moment, I can say that I am near 200 pounds from 240 and from a size 40 in the waist to now a size 34. I still have some lofty goals to continue to strive for so this is just the beginning and not the end.