

Scott Fuller

"Burn more calories than you take in."


Scott Fuller has been a member of the Solana Club for two years but has been consistent for the past six months. Scott made 2 resolutions on January 1, 2008 consisting of: 1. to lose weight and get fit and 2. not to break resolution number one.

Scott had smoked for many years and could not walk up the stairs without huffing and puffing. Now he is training for the half marathon.

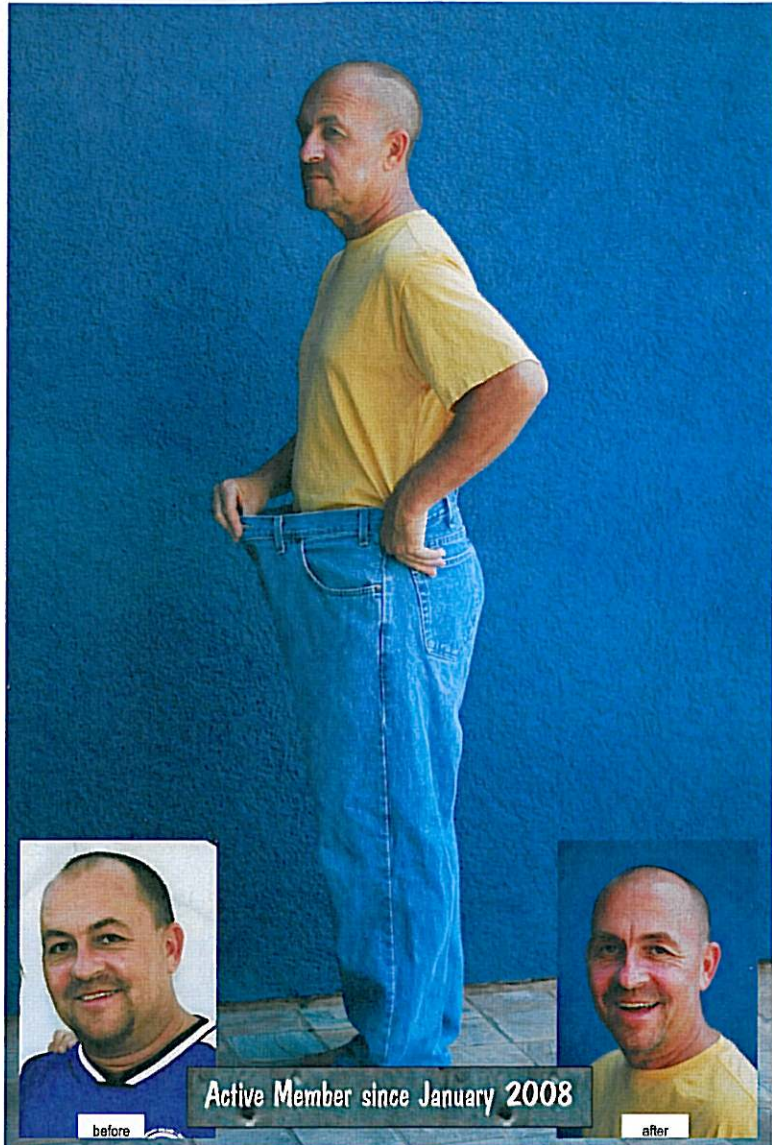
Since making his resolutions Scott has dropped his body fat percentage by 6%, lost over 34 pounds and four inches in his waist. He has also seen a huge increase in his energy.

"For those starting out, ask LOTS of questions. The club has a very knowledgeable staff. In addition, make time to do it and be consistent. In my mind the most important of all, burn more calories than you take in," recommends Scott.

WORKOUT

 Cardio - 7 days per week

 Weight Training - 3 time per week



His favorite thing to do is walk/run on the treadmill twice a day. When Scott first started he could not even walk for 20 minutes but he kept after it and remembered his goals. Six months later Scott can walk and run for over an hour.

Scott states "I haven't felt this good in years. I realize all of the work it takes, and keep reminding myself that if I give up, I will have to start over."