

LIVE WELL - BE WELL

CLIFF'S STORY



Cliff is the proud father of three children and married to the love of his life. As a dedicated family man, it was important to Cliff that his path to fitness allowed him to maintain those close relationships, especially with his young children. As you'll see below, he has found the answers, and has even created a one-man game called "Beat the School Bus" to keep himself on track.

Our story begins just after Christmas in 2009, after Cliff had purchased a Wii Fit system for his wife. He noticed that it was sitting on the console collecting dust and not being used. Recognizing that he himself had been overweight, lacked energy, and wasn't so healthy, yet not making a true "New Year's Resolution," Cliff decided to get a head start on becoming healthier and looking better.

He started his journey on December 28, 2009. Wii Fit and Cliff became steadfast friends, working out together every day for 45 minutes. The Wii Fit routines included running in place, hula hooping, jack knives (abdominal exercise), step aerobics, and balance exercises. Cliff also began running in place for 45 minutes a day while his wife and three children ate dinner. This continued for several months.

That spring, staying true to his goal of becoming physically fit and healthy, Cliff took his quest into the great outdoors. He began running outside four to five times a week and increasing his mileage by half a mile at a time. When Cliff would hit a speed bump or plateau, as everyone does, he would then increase his cardio by ten minutes. A year later, Cliff is running eight miles a day, and has run up to 15 miles. All of this hard work, determination and training have paid off. Today Cliff is healthier, has more endurance and increased cardiovascular stamina, has lost weight, and is eating healthier. How nice to hear a father say he has more energy to play with his children, he doesn't tire out, and he feels better about himself. It would be interesting to interview his children and ask them "Do you have trouble keeping up with Dad?"



56 lbs. lost!

You may find Cliff at the UFC running on the treadmill, with no headphones in the ears, and one may say completely in "the zone". Building on his initial goal of becoming healthier, he has also recently started training in the weight room. Throughout his workouts, you'll see Cliff looking at the clock, but it's not because he's bored. Like I said in the beginning, during the week he plays "Beat the School Bus". You see, Cliff has made the life change of incorporating his workouts in his daily routine. After work he comes into the UFC and gets his workout in and watches the clock to make sure he is out of the fitness center in plenty of time to get home to meet his kids as they are getting off the bus. This is one great Dad!

Cliff would like to run a half marathon by the end of the year benefiting some health related issue. He has family members that have diabetes. Cliff is considering participating in June's [Community Celebration](#) Balloon Chasers' 5K, and feels that the events of the day might be something that his entire family can get involved in. Looking at long term aspirations, he would like to continue to stay physically fit and increase muscular strength and endurance.

After meeting with Cliff, I left inspired and felt good, and I hope after reading Cliff's story, you do too. Cliff's advice to everyone trying to find their own way to wellness: Decide on your personal goals; take baby steps and set small and achievable goals. He is realistic in saying "No one is perfect, you need to have a vision of where you want to be, and don't let setbacks stop you. You need to have the determination to make change".