

## *Healthy Hall of Fame*

### **Cliff Hicks – Staff (Director of Enterprise Services) – Spring 2017**

**Inspiration for Change:** Trouble sleeping at night, lack of energy, and not being satisfied with how he looked, Cliff decided to make some healthy changes. Cliff, who has been at LCC for 4 years now, started making changes to his lifestyle and diet in January. He started working out at the LCC Fitness Center 6 days per week and also began limiting his caloric intake to 1500 calories per day or less.

Cliff didn't set any specific goals but decided to try his new healthy changes for 3 months so see if it worked. "It went well", he says, so he's decided to stick with it.

#### **Current Work Out and Eating Plan:**

Cliff works out 6 days per week and takes Sundays off. Here's his work out plan:

Monday and Thursday – He works his "push" muscles (shoulders, chest, triceps and traps)

Tuesday and Friday – Legs and abs

Wednesday and Saturday – "Pull" muscles (back, biceps, and forearms)

If he's sore or tired, he'll skip lifting that day and do 30 minutes of cardio instead.

On Sunday, he takes the day off (from workouts and the diet)!

For his diet, Cliff cut out the carbs and focuses on eating lean meats and vegetables. He did some intermittent fasting for the first two months to boost weight loss.

#### **Sticking with it:**

Cliff eats foods that are healthy, but help him to feel full (such as bell peppers stuffed with lean turkey and mushrooms), so that he is satiated even with a lower calorie diet. Since he takes Sundays off from his diet, he looks forward to eating whatever he wants.

#### **Words of Wisdom:**

"Don't set unrealistic weight-loss goals. You shouldn't expect to lose any more than 2 pounds per week at the most, so if you set your goal higher than that, you won't be able to achieve it." If you can't achieve your goals, you're more likely to "get frustrated and revert back to unhealthy habits." Cliff likes the idea of a 'cheat meal' once a week because it gives you "something to look forward to, plus it boosts your metabolism."

Cliff also recommends that you "make sure you switch up your workouts constantly so you don't get bored and your body doesn't get used to what you are doing and plateau."