

Healthy Hall of Fame
Matt Holloway - Staff
(IT Tech 2)
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Healthy Changes:

Matt has been lifting weights off and on since he was a teen. In his early 20's, he spent a lot of time playing World of Warcraft and became very sedentary. He wasn't in the condition he wanted to be and got back to the gym. A few years ago, he did a transformational challenge at Forever Fit and won \$500. He lost 10-15 pounds in the process. He has continued working out consistently since then.

Matt's Goals:

Matt occasionally sets goals, but he depends on what he sees in the mirror for guidance. This will either inspire him to build more muscle or shed a little fat. He has considered getting into competitive challenges.

Current Workout Plan:

Matt typically works out five days a week during the lunch hour. His routine includes weightlifting, resistance training, and cardio. He walks between 2 – 5 miles a day in 10-20 minute increments, which means several brisk walks. Each day of weightlifting, he works on a different muscle group. Some days will be heavy with lower reps and other days will be for volume with higher reps.

Healthy Eating Habits:

Matt eats a lot of red meat and eggs. When not focused on low carb options, he enjoys potatoes and rice. While he doesn't eat a lot of vegetables, he makes sure to eat enough to maintain the nutrients his body needs. He tries to stay away from sugary sweets by not having them around.

Matt's Motivation to Make a Healthy Change:

Body physique played a big role in helping Matt to make changes. Most people are motivated by what they see in the mirror.

Sticking With It:

Growth, development, and seeing results helps Matt to stay consistent. Motivation to get started is good. Discipline is needed to keep going until it becomes habit. It is now just habit for him.

Matt's Advice for Others:

Make it a lifestyle. There is no quick fix. Give it time and results will come. Make sure to get enough sleep. Many times our bodies are lacking essential nutrients which effects energy levels. Give your body what it needs through diet, exercise, and sleep.