

***Healthy Hall of Fame***  
**Marco Pedroza-Bravo – Staff**  
**(Instruction & Classroom Support Tech)**  
**Fall 2018**

**Healthy Changes:**

After gaining a little weight from his mom's delicious cooking, Marco decided it was time to get into the gym to gain a healthier lifestyle. He began seeing improvements right away and continues to push himself to eat better and exercise regularly.

**Marco's Goals:**

Marco's main goal is to get lean and gain muscle. He wants to maintain a healthy lifestyle by staying active and eating healthy. He finds that he sleeps better when he's active.

**Current Workout Plan:**

Marco usually works out 5 days a week in the Fitness Center during the lunch hour with Julian Rivas (HR). He joked that he does whatever Julian tells him to! He enjoys having a workout partner to keep him motivated. They work on different muscle groups each day and then continue the cycle throughout the weeks.

**Healthy Eating Habits:**

Marco loves green smoothies and usually has one every day for breakfast. His diet typically consists of vegetables, fruits, seeds, salmon, tuna, and chicken. Marco looks for foods that will provide energy and tries to stay away from sugar and fast food.

**Marco's Motivation to Make a Change:**

Marco felt that gaining weight was impacting his life. He didn't have energy and needed to change his lifestyle to feel better about himself. He shared that his family has a history of high blood pressure, including his mother. He hopes that by eating healthy and exercising regularly, it will minimize the risk of getting high blood pressure. He saw positive results in his mom when she was having

problems with blood pressure, but when she started exercising it went back to normal.

**Sticking With It:**

Knowing that a healthy lifestyle will improve his chances of maintaining a healthy blood pressure keeps Marco focused and motivated. Having a friend to work out with is another motivating factor. That friend helps push him to get that one or two more reps, which takes him to the next level and that makes him feel good.

**Words of Wisdom:**

The benefits from making healthy life style changes are huge! You will see changes and it will help you to keep going. You will have more energy and you will feel better. Marco's felt more secure, motivated and happy. He knows you will too!