

***Healthy Hall of Fame***  
**Dustin Williams – Electrical Engineering Transfer**  
**Student**  
**Winter 2018**

**Getting to Know Dustin:**

Dustin participated in the LCC 2017 winter quarter strength training challenge. He was chosen as the most improved for strength by increasing his deadlift reps by 110 pounds. He started at 245 and increased to 355. He was also in the 80<sup>th</sup> percentile for strength verses body mass.

**Healthy Changes Dustin Has Made Lately:**

Dustin graduated from Mark Morris in 2016. While in high school, he was a very competitive cross-country runner. Last year, Dustin felt that he needed to make a healthy change. Since being in college, he felt he was indulging in too much junk food and carbs. He began to cut back on pasta and junk food and then started to meal prep. He increased his protein intake and even incorporated a protein shake after workouts.

**Goals:**

Dustin's ultimate goal is to increase his weight and muscle mass. When he began a year ago, he weighed 139. His weight goal is 160. After a year of hard work, he is currently at 152.

Dustin's strength goals include being able to bench 225 pounds and squat 315 pounds.

**Current Work-out Plan:**

Dustin is currently doing the Arnold 3 day split, which allows him to work out 6 days a week. This routine is inspired by the way Arnold Schwarzenegger used to train during his competition days. The workout is split into 3 parts, and each part is trained each day, with one rest day. The idea is to cycle the workout so that while you are working one set of muscles, the other sets are recovering.

If you do a full body workout, you need more time to recover, and this means more days with no training. By doing a 3 day bodybuilding routine, you can train every day without over training.

- One day he does squat/dead lift
- One day he does Chest/back
- One day he does Arms/Shoulders

Then, the cycle continues.

### **Healthy Eating Habits:**

High protein with a protein shake after every work out. Dustin also tries to eat every 2 hours so he doesn't get hungry. He typically has breakfast, morning snack, lunch, afternoon snack, before dinner snack, dinner, evening snack and sometimes even a late snack.

### **Motivation for a Healthy Change:**

In high school Dustin learned about weight training, but he was always a runner. He wanted to try something new that interested him. Being a runner, he was always thin and he really wanted to increase his muscle mass.

### **Motivation to "Stick with It":**

Dustin is a very competitive person and when he sets a goal, he wants to achieve it. Also, physically seeing the results has helped him to stick with it.

### **Advice for Those Wanting to Make Healthy Lifestyle Changes:**

Try it for a few weeks and try different things until you find what works for you. Once you find what works for you, stick with it!