



Member of the Month

April 2011

Mark Matson



Well, to be honest my weight and health concerns started when I was 23 years old. After playing high school athletics and a little in college I found myself having major back surgery at the age of 23. As a result of that and having to lay on my back for 8 weeks with no activity and another 6-8 months with very little activity I found myself gaining a lot of unwanted weight. I have tried off and on over the past 15-20 years to lose and control my eating habits but never really stuck to any type of fitness schedule.

In late 2009, I had knee surgery and was referred to Upson Regional for rehabilitation. When my therapy concluded, my physical therapist suggested I join the Wellness Center. I felt then that it was a good time for me to get serious about my weight issues and get a better handle on lots of things related to my health. I joined the Wellness Center in February 2010 and since then have lost 40 pounds from my highest weight just prior to my surgery in 2009. I am basically at my goal weight, give or take 5 pounds. My fat % is dead on where it should be for my age as well as my BMI. I have lost many inches for which I am extremely excited about. My cholesterol is at the lowest number it has been in 20 years, and it has been since college that I have been at the weight I am now.

I am now seeing the results of very hard work and much sacrifice and learning new habits to get where I am now. IT HAS NOT BEEN EASY! Lots of frustration, tears, and disappointments over the past 12 months but also many victories during that journey that has allowed me to celebrate and which has given me motivation and determination to keep plugging to maintain, firm up, and set the example for the rest of my family.



