

Extreme BRICKOVER 2



General Information

Name: Leo A. Courpas

Gender: Male **Age:** 37

Height: 6'0" **Weight:** 390

Club: Brick Bodies Perry Hall

Trainer: Jason Phipps

Story Line:

- Wants to lose as much weight as possible so he can live a quality life.
- A year and a half ago he spent 23 days on a ventilator wondering if he would live or die because of his sleep apnea, a weight related health condition.
- He prayed for a second chance to live and got it. He realizes that he needs to take a very proactive approach to weight loss or he may not be so lucky next time.
- Being overweight has cost him social relationships, countless job opportunities and has developed severe depression.
- He is not a candidate for a gastric bypass procedure as he has a blood clotting condition that makes surgery very risky.
- Used to work in the catering industry but had to quit because his body could not tolerate being on his feet for 12+ hours.
- His goal is to be thinner, healthier, hold down a job and have a long term social relationship. He knows that this all starts with losing weight and living a healthy lifestyle.