

# Extreme BB RICKOVER 2



## General Information

**Name:** Mark Kim

**Gender:** Male    **Age:** 44

**Height:** 5'10"    **Weight:** 287

**Club:** Brick Bodies Green Spring Station

**Trainer:** Katie Holden

## Story Line:

- Wants to lose 82lbs.
- His motivation for losing weight is to decrease the pain that is associated with being overweight.
- His father is currently on medication for high blood pressure and high cholesterol. His mother just recently passed away from diabetes. He watched both his parents struggle to try to lose more than 50lbs. The passing of his mother was very hard on him.
- Continually makes excuses of why he cannot take his kids and wife to the beach, pool parties and amusement parks due to being embarrassed about himself.
- Wants to lose weight and get in shape so he can participate in family activities.
- After a dramatic transformation from this weight loss challenge he wants to be an example for others and teach them the importance of living a healthy lifestyle.
- Father of two teenagers and an 8 year old.