

# Extreme BB RICKOVER 2



## General Information

**Name:** Nathaniel Luckman

**Gender:** Male    **Age:** 54

**Height:** 5'10"    **Weight:** 332

**Club:** Brick Bodies Reisterstown

**Trainer:** Adam Kutlik

## Story Line:

- Wants to lose 75lbs.
- His motivation to lose weight is to live a healthy and active life.
- He currently has high blood pressure and high cholesterol. Feels if he can get his weight under control he may be able to decrease or eliminate his medication.
- Has the bad habit of overeating. Wants to learn portion control to achieve and maintain a healthy weight.
- Was addicted to drugs, alcohol and cigarettes for over 30 years. Has been sober for 11 years and is successful in all aspects of life except his diet.
- Considers himself a very athletic and competitive person.
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