

# Extreme BRICKOVER 2



## General Information

**Name:** Paul Sappington

**Gender:** Male    **Age:** 39

**Height:** 5'10"    **Weight:** 245

**Club:** Brick Bodies Downtown

**Trainer:** Chip Kafka

## Story Line:

- Wants to lose 50lbs.
- His motivation to lose weight is to live a long and healthy life. For the first 40 years of his life he treated his body like it was indestructible.
- Wants to be the best uncle he can for his nieces and nephews since he has no children of his own. He understands the importance of changing his lifestyle so he can continue to be a part of their lives.
- Last time he was in Mexico he had to wear a flotation device because he was so out of shape.
- Faced years of depression due to an accident that left his mother in a coma for 10 months.
- Wants to get in shape and run a 1/2 marathon with his brother.