



“I lost a full pants size and I have had no atrial fibrillation in a year.”

### Wes improves his overall health at the Apex Centre

I am a 55 year old diabetic male with a history of atrial fibrillation and in the past I have been on three diabetic medicines and three heart medicines. In January 2018, I did the "My Health 30 Visit Challenge" and posted the flyer on my refrigerator. When I filled up one sheet with 30 visits, I added another and another, and through the year kept adding them. I've gone 33 weeks working out three or more hours per week. I do aerobic and strength training, alternating between the two each visit. As a result, I brought my A1C blood test down from 6.5 to 5.8 and my doctor took me off of one of my three medications. I lost a full pant size and I have had no atrial fibrillation in a year. I've lost 6 lbs., but I get more excited about wearing smaller clothes than I do the actual pounds loss. I've gone from a x-large size to large. I had a knee injury and an illness this summer but because of my improved fitness level I recovered more quickly than I had in the past. Also, my allergies have greatly improved since I started getting in better shape. I'm still working on getting off the other medications, wearing size mediums and lowering to another pant size. It is fun having to replace my belts. Yes, I have made better food choices, but the increase in my fitness level due to exercise at the Apex Centre is what makes me feel so much healthier and has improved my actual health.

**We at the Apex Centre are so proud of Wes's achievements!**

MEET

# Wes Shannon

Gone down one full pant size!

Workout Routine:

- Aerobic
- Strength training
- Has gone 33 weeks with three or more hours of workouts per week

**Apex Centre is helping its members reach their peak!**

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