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ProCare Physical

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Meet Lance Dunham

Are you ready for a story? I've been a Fishing Guide for 37 years. I get up at 4 am, I'm on the water at dawn and done at dark. I spend all that time sitting on a boat without the option of getting up and walking around. It does a number on your body. I got to a point where I couldn't walk without a back brace and knee braces. There were days when I could hardly climb into my boat. That worried me, what if I had clients on the river and there was an emergency, would I be able to help them?

Then, things got even worse, two years ago, I had a heart attack. When I was in the hospital they weighed me, I was 298 pounds. It was a wake-up call. After something like that happens to you, you're afraid. You're afraid to eat, afraid to live like you were, but after a while, you fall back into old patterns. I realized that I didn't want to move backwards. I couldn't go through that again and I knew I couldn't do it alone.

I came to ProCare Physical Fitness in Wyalusing about year ago and decided to do a trial month with Coach Kristin. After that first session with her, I was whooped. It took a lot out of me, but I knew I needed to keep going! I knew that I needed a coach. I needed to be accountable to someone otherwise, I wouldn't come.

Kristin asked me what I wanted to accomplish at the beginning of my year. To stay alive for one thing, but I also set the goal to lose 40 pounds in a year. Kristin told me we should aim for a pound a week to make sure I was losing the weight safely and ensure I would keep it off.

It took about 2 months to correct my eating. What I found really great was that ProCare was the 1st place that ever explained the WHY to me. Why I should eat well, why breakfast is important and then they gave me the HOW. I started food journaling and increasing my water intake. That first 10 pounds came off pretty quick, but it was hard and in the beginning, all I would want to do after my workouts was go home and sleep. Then, it got easier.

I made a bet with my wife that if I reached my 40-pound goal, I was going to reward my accomplishment with a tattoo. Well, I have a brand new tattoo! I reached my goal, lost the weight, and I feel better now than I had in the past ten years!

My doctor was impressed by my accomplishments! I was feeling great! It only took about 6 months for me to get to a point where I no longer needed the back and knee braces! My pain was gone and I no longer had trouble getting into my boat. It made my day to day life so much easier and I don't have to worry about not being able to help my clients anymore!

I couldn't have done it without Kristin! I would say if you are able to have a coach, do it. They help you stay accountable and on track. Kristin created a program specifically for me, knowing about my pain and the troubles I was having. You would get a custom program too, and that's really important! I still have a long way to go, but I am moving forward and refuse to look back.