

# Cal Gosse

## **Before, some background about you, past attempts**

I have been very active in sports all my life... played hockey at a relatively high level, participated in the Canada Games in volleyball, competitive baseball and soccer and many other sports recreationally. Over the past 25 years, my activity level has varied significantly... I no longer played sports at a competitive level (beer leagues were truly about the beer). I have gone through many dramatic changes in weight and activity levels (reaching as high as 268 lbs!!). I would hit a peak and then get fanatical about losing weight (often swings of 40-50 lbs) only to injure myself (or find some other excuse to stop training)... and then balloon up again. These attempts at making 'life style changes' included crazy diets and strictly no alcohol (that may have been the down fall). I have gone through this cycle 4-5 times over the past 20 years.

## **Your motivation to change**

I had open heart surgery 2 years ago that has made this all very real for me. But I think I was on the path to truly making the elusive 'life style changes' anyway... the surgery just solidified it. On the recommendation of a work colleague I joined Purdy's Wharf Fitness approx 5 years ago (even with that I fell off the fitness wagon once)... but I have been fairly committed over the past 3 years (before my surgery). My approach has been more holistic with a good balance between training, nutrition and alcohol consumption. I am much more aware of each element and am focused on each in a moderate way (vs the extremes from before). As well... I am working with a Personal Trainer that provides variety to my workouts and has me focused on all aspects of fitness, not just running or other cardio that I over time would get bored with. Working with a PT is the biggest change and best decision (just stay away from the lunch breaks!!)

## **During, Your doubts, struggles**

I cant really say I have any doubts nor do I struggle with any aspects of my overall fitness.. I used to wonder how long it would last... now it is simply a part of what I do... I am not fanatical (and therefore, probably more dedicated to fitness than I have been since my competitive days).

## **Perseverance**

I would say I am very committed at this point... the level and balance of my program is certainly more enjoyable. My heart surgery simply solidified my commitment by putting a lot of things in perspective.

## **What you did**

The enjoyment I get from my current activity level comes from working with a Personal Trainer... there is variety in my workouts and variety in what we are focused on. Prior to this approach, I think I tended to get bored with the repetitive nature of my workouts



### **How long it took**

It took 20 years to get to this more stabilized approach... it took about a year to get to my current fitness level

### **How PWFC (facility and staff) contributed**

I simply would not have gotten to this point... (not trying to suck up... or look for a break in the torture exercises), but honestly speaking, having a Personal Trainer (Tammy) has been the single best fitness decision I have made. It keeps me focused, I try to plan my week around my workouts (doesn't always work out that way). The reason for that is the workouts are very enjoyable and I really feel it is making a difference

### **After, Your final result**

My weight is down to 197 (very stable at this level for quite some time). My overall energy level is very high... I feel great about how I feel and look.

### **How your accomplishment has changed you.**

Simply a sense of feeling good... that is reflected in my overall energy level and outlook. As I said, life is generally more in perspective these days... my fitness level plays a large part in that... I truly feel great and feel that I have made a change for life

### **What's next?**

Maintain, Maintain, Maintain... and take advantage of some of the various classes that are available.

Calvin Gosse