

TELOS means Teamwork for Success...



Teamwork for success

I have been a TELOS Fitness Center member since the spring of 2000. At that time, TELOS was close to my office and provided me with the ability to work out early in the morning and miss all the North Dallas traffic. The facilities and staff are the elite of any list fitness professionals in the Metroplex. The combination of great facilities and knowledgeable professionals has kept me attending TELOS even though my office in Dallas has changed locations. The facility continuously upgrades equipment, furnishings, and maintains a clean and safe environment. TELOS is my gym.

TELOS has helped me in 3 major areas of my life: conditioning for athletics, stress relief and strengthening for a compromised lower back.

After a recent visit to my physician I realized that I needed to get serious about weight loss and a plan to keep the weight off. Like most people I can point to work and the “tyranny of the urgent” as a cause of much stress. To be honest, I must admit that poor

nutritional habits also contributed to add 20 lbs on a body that is not getting any younger. In addition to usual stress I also devote a great deal of time to my wife who is challenged by a chronic illness. I realized that just showing up to TELOS 4 -6 mornings a week was not going to be enough. My goals were to loose 30 lbs and change my eating and exercise habits to keep the weight off. My motivation is to improve my heart and my body. A healthy heart and body will allow me to give my best to my family and my career for many years to come. To achieve my goals, I needed a partner. A partner for accountability and encouragement is exactly what I found in TELOS. You know what the best part is? Even after 10 years, TELOS exceeded my expectations.

I met with Jessica Gore, Ortho-Kinetics Trainer, for the Ortho-Kinetics Assessment. After our assessment we began a new training regimen. Jessica indicated that the gym had a Nutritionist on staff and she could help me with the diet before meals while Jessica and I worked on the calories after meals. I met with Yvette Quantz, Registered Dietician and we developed an eating strategy that would help me burn fat and reduce my calories.

Both Jessica and Yvette had options that could offer as much support as I felt I needed. Jessica and I also discussed a training strategy that would allow me to get more out of my individual workouts. During the last 4 months my trainers have encouraged me during workouts in the gym and outside of the gym with emails of encouragement during times of high stress. This accountability and encouragement has been a combination that has proven to be very successful.

The plan for weight loss is hardly a secret, more activity, less calories. The TELOS difference is in the application. Knowledgeable professionals that will work as hard as you are; in order for you to achieve your goals. Talking to a nutritionist about an upcoming work trip or getting an email from your trainer asking “... what work out did you get in?” while on the road have really made the difference for me.

I am proud to share that to date I have lost 20 lbs and a total of 4 inches from my waist and abdomen. My work outs continue and my nutritionist reminds me of the long term goals when I bump into the inevitable “plateau”. I have also begun to ride a mountain bike again and have a goal to compete in local races this spring. New goals, new challenges, same great experience at TELOS Fitness Center.

~ Todd Gibson~

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