



March 8, 2014 was the day I made a commitment to myself to make a change. I was tired of being over weight, waking up every morning with back hurting, feeling fat and out of shape and generally feeling bad about myself. That day was the day to make a change.

Let me digress a bit and give you a little background. I grew up in a small town in Oregon and was a high school athlete. I played football and baseball and my senior year I was the number 1 quarterback in the entire state. I was also a top pitcher in the state and won just about every award possible in both sports. I thought for sure an athletic scholarship was in my future. Well, that didn't happen, so I went on to play football and baseball at a junior college in Northern California. There I played both and did really well. In fact, so well that I earned a partial scholarship to play baseball at Cal Poly, San Luis Obispo. I had a successful career and loved every time I was blessed to step onto the diamond. That came and went and I found myself teaching and coaching and eventually moved on to becoming a high school assistant principal. Well, through the years I let myself go; always coming up with excuses and reasons for not making the time to focus on me to make a change.

So, March 8, 2014 that change began and that day I meet Ed White. That day I knew I had to commit myself and trust in Ed, knowing that if I followed his advice, followed his leadership, followed the plan that he set forth for me I'd make that change. Ed was there for me every single day. Ed was committed to me because he knew I wanted that change. I believe, no, I know, because of Ed, I made that change. It was hard, I was exhausted, I just didn't know if I would make it. But, each day got a little better. Each day I was one day closer in making that change. And each day I found myself; even if it was just a little.

As I reflect back on what I was able to accomplish, the changes I went through both physically and mentally, I know in my heart it started with the guidance of Ed White. His knowledge in nutrition, his knowledge in the gym, and most importantly the confidence he had pushed me to be who am today: a confident loving husband, father, and administrator.

Thank you Ed. Thank you for believing in me and helping me to be the best I can be, even at 43 years old.

Kevin Green—43