



OTAC Trainer Travis Scarborough Uses Personal Fitness Journey to Inspire Others.



In 2003, I was working at a small software firm. I sat behind a desk anywhere from 10 to 14 hours a day. Add the 50 minute commute from Warrenton to Dulles and there was a lot of time spent on my rear end. Almost every work day started with breakfast from a fast-food drive-thru. Lunch was any variety of fast food or typical quick restaurant fare—Chinese buffet, buffalo wings, steak and cheese sandwiches from the deli (don't forget the onion rings!). Snacks from the vending machine and about six diet drinks a day rounded out my workday menu.

While the work was rewarding, and the people were great, it took a toll on my health. I was 33 years old, 5' 8" tall and 250 pounds. My pants were size 40, and XL shirts fit as long as they didn't shrink. I had regular neck and back pain that would sometimes debilitate me for days. I'd sweat in any room that was warmer than 70 degrees.

I always tried to do something about my waistline – I tried to eat better, tried to exercise a little bit, and even tried the Atkins diet (I lost 20 pounds, but put 30 back on later).

I saw my doctor for my regular checkup. She told me if I kept this up, I may not see my 60th birthday. This was a little frightening, but I figured I had plenty of time to take care of it.

My epiphany moment came a week or so after that appointment. I sat down in a coworker's cubicle to work on her computer and happened to glance at a mirror on her desk. I saw myself sitting in the chair and was shocked at how big I looked. I realized I had to do something – I had a wife and two young children to think about. That was it -- I was done being fat.

I started simply – by walking. Some folks in the office smoked, and got smoke breaks. I took walk breaks. Every day, I would walk for 20 minutes. Soon, I started taking two walks a day. I also made some small changes to the diet. I ate a sandwich and a salad for lunch three days a week, and stopped having the daily candy bar at 3pm. Within

a month, my pants weren't as tight, and my coworkers commented that I looked better. I was feeling a bit better, but I was still wanted to do more. My big breakthrough came when a major chain gym opened up near my office. They came by and offered corporate memberships. My company picked up half the monthly dues, so I signed up.

Every morning, I'd arrive at the gym at 5:15 am and workout for 35 to 45 minutes. I started slowly, walking on the treadmill for 20 minutes, then doing the circuit weight equipment. Eventually, my walking turned into running. I'd run every day, sometimes a short distance, then I'd hit the weight equipment.

My body responded well, and I began to lose some weight. Things were going great, and then I got laid off. Ouch!

Since I'd be spending more time in Warrenton, I joined Old Town Athletic Club. My wife (already an OTAC member) convinced me to start taking a class called BodyPump. Now, I'd taken some fitness classes with her before and it usually involved my two left feet and some step aerobics, so I was skeptical. She insisted so I went.

I was blown away – it was so much fun! What a crazy idea – lifting weights in a group fitness class. I was hooked and started going twice a week.

A few months later, Kim, OTAC's owner, stops me after class one day and asks if I'd like to teach the class. I told her yes, and the rest is OTAC history. I've worked at the club ever since, and have loved every minute of it.

Since the beginning of this story, I've lost 70 pounds, run two marathons, dozens of half-marathons, become a group fitness instructor, front desk manager, behind-the-scenes computer and contracts guy, and now I'm moving to the next step – Certified Personal Trainer.

My training philosophy is Realistic Fitness. Achieving health and well-being while still fulfilling all of life's commitments is the goal. While we may want to look like super models, the reality is we won't. The goal is to be fit and healthy to improve our long term health and quality of life.

Our lives are busy - we have children, jobs, and commutes. It's hard to stay healthy when you have limited time. My focus is to help you maximize the time you have for fitness – to help you improve your life by making some realistic changes and applying the science of fitness to help you achieve long term health.

I've shared my story--I would love to help you create yours. Please feel free to contact me at 540-349-2791, or via email at Travis@otacfitness.com, reserve your training sessions online, or see a Member Services specialist if you think I can help you get from where you are to where you want to be.