

# fitfile

**Name: Steve Castiglioni**

**Before:**

Weight before .....190kgs  
 Cholesterol Level .....7.1 mmol/l  
 Blood Pressure .....140/100



**After:**

Weight after.....98kgs  
 Cholesterol Level .....3.4 mmol/l  
 Blood Pressure .....115/75

**Lifestyle before**

Coming from Italian parents Steve's meals were never small! Most of the time he would eat all the rich foods his mother would cook for him and have eating competitions with his brother. He would eat at home and soon after that his friends would invite him out for pizza or fast food, so Steve would eat again. Three meals a day turned into five or six meals and most of the time it would be all junk food. "It tasted good so I ate it. Why count calories?" said Steve. This occurred from the age of 12 through to the age of 16. At 13 years of age Steve was wearing men's 'large' clothing, and this made him feel embarrassed, especially when he went to school.

For breakfast Steve used to eat one large bowl of rice bubbles with one large tablespoon of sugar followed by a nice big piece of omelette in two pieces of buttered toast. To finish off he would drink a big glass of coca-cola. His mother would always prepare a good healthy lunch consisting of a fresh sandwich and fresh fruit, but to Steve this was boring. So he would go to the school canteen and purchase two pies with sauce for lunch. And that was

after his morning snack of Twisties jammed into a buttered roll, extra butter, and another can of coke.

At 28-years-old Steve weighed in at over 190 kilos. He was not a happy man, and was further saddened by the news that his father had been diagnosed with cancer. Driven by words spoken by his Dad, Steve started to turn his life around. Breakfast now consisted of a small bowl of cereal with skimmed milk and one slice of toast and orange juice; for morning tea he eat a yoghurt and a piece of fruit; for lunch he had a tuna roll, with no butter, and orange juice; and finally for dinner his father would cook up vegetable soup, Italian style, "very chunky!"

**The journey to health and a new life**

Steve's determination to be noticed drove him to succeed and become the person he is today. No more did he want to be known as "Big Steve", he just wanted to be Steve. In April 2001 he joined Energize Fitness and pursued a stable diet. With dedication, determination and inner strength, Steve started to create the person he wanted to be.

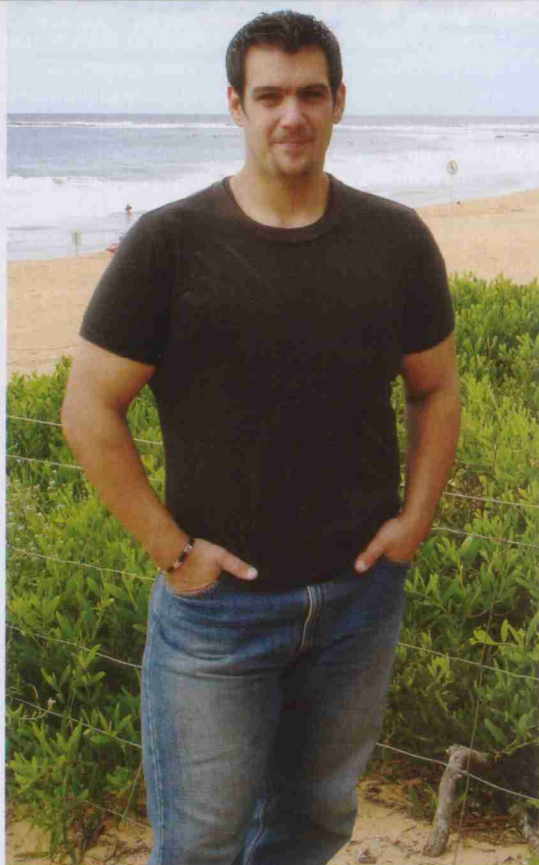
Steve stuck by his own stable diet and a daily exercise plan for a period of two years. Week by week the people who knew him began to notice the changes in his outer appearance. Early on, in the first two months of the lifestyle makeover, Steve said he found the program tough because he didn't see the changes his friends saw, and almost gave in.

**Steve's basic program**

A 2 hour workout six nights a week: 1 hr cardio work on the cross trainer, bike or rowing machine, then 1 hour weight training on arms, legs, chest, abdominals or shoulders, focusing on one body part on alternate evenings.

**Lifestyle after**

Today Steve weighs in at 98 kilos, which has changed his way of life completely. Going



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shopping for clothes is no longer a chore. He is able to walk into any store and buy fashionable clothes in his size, without being looked at or commented on. No longer does he receive snide remarks like, "Sorry Sir we don't serve people like you," and the destruction of restaurant seating is now a memory of the past.

Being able to go to the movies and pay flying visits to places are other enjoyable pursuits in Steve's 'new' life. He could never go to the cinema and sit in the seats because he was too large, and if he were to fly interstate he would have to ask for two seats on the plane to accommodate him.