

Located at 51st and Memorial next to Planet Fitness - 918.955.3118



Body Fulfillment

New Years Success Story: *“Be Like Bhavik”*



“ My name is Bhavik Gheewala, and until a couple of years ago, I thought my life was just like anyone else’s. ”

One individual’s triumph in weight loss and true-life transformation.

My name is Bhavik Gheewala, and until a couple of years ago, I thought my life was just like anyone else’s. I was a happy guy with family and friends that I hung out with, and I did all the normal things that people do. Life was good and I didn’t necessarily think there was anything that could make it better for me. There was one thing about me though – I was overweight. In high school I was 5’7” and 240 pounds. Soon after I graduated, I ballooned up to a huge 270 pounds, but I still thought of my life and every part of it as being as good as it gets. Boy was I wrong!

This is my story.

Like I said, I was a happy individual even though I weighed 270 pounds, and believe me, there were plenty of times that people reminded me I was fat and overweight. Everyone treated me like “the big guy.” I remember going to family reunions and anticipating with dread my relatives saying things to me

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like, “you need to lose weight,” or, “when are you going to start doing something about your weight?” It was a constant reminder of my physical reality. I thought about what they were saying, but not enough to do something about it at the time. When I was with friends they never said much so I guess that made me feel that things were okay and that the outer me was okay, because of that I was able to continue living as I had been. Little did I know there was a happier me to be discovered, I just hadn't discovered him yet.

At our family business I had a friend name Zack that worked for us and he was the first person to help spark the discovery. He asked me one day how I saw myself five to ten years later. He knew my weight was a problem and that I was unhealthy and heading toward a life of miserable health problems. I had high cholesterol at the time and I was only 21, so with those questions Zack made me face the facts, which said I would be well over 300 pounds to 400 pounds by that time. I actually knew some one that was over 400 lbs and I didn't want that to be me.

December 17, 2007, I made the decision that I would change.

Zack and I and signed up at Planet Fitness, a local gym in Tulsa, but my actual journey wouldn't start until January 2008. I wasn't scared or intimidated about being the “overweight person” exercising in front of people. I did a lot of reading and researching on the Internet about losing weight, diet, and exercise. In the past, I ate anything and everything and I knew this had to change and that's just what I did, I changed. In the beginning, I learned enough about dieting on the Web to get me going, plus my friend Zack was a big help. I had another inspiring friend, Mary, who also worked at our company, who would bring me healthy food ideas and made me a healthy food plan, so that was another tremendous help. Mary was such an inspiration to me because of her intense dedication to healthy eating and healthy living.

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My goal in the beginning was to lose at least 20 pounds, and it didn't just fall off of me at first. However, I was so motivated to live this new lifestyle of eating right and exercising that I wasn't paying close attention to my weight. There were some friends that said I wouldn't make it so I stayed away from those negative people. What really motivated me was when I would see people I hadn't seen in a month or so and they would say things like, “Wow, I can tell you are losing the weight,” or they would point out things that they noticed that were changing about me. I finally reached my beginning goal of losing the first 20 pounds and I now weighed 250 pounds so I set another goal of 20 pounds more. I worked hard and met that goal of losing 20 pounds more and was down to 230 pounds. Then I hit a wall; I was stuck and I wasn't losing any more weight, but I was determined. I got on the Internet and found that plateaus – or hitting weight loss walls – were normal, so this gave me relief. I researched more to find what I needed to get beyond this point. I sought out exercise and health specialist to give me good advice on what to do, plus I worked harder.

February 2008, I decided I really wanted to make a difference.

My 2 wonderful friends, Zack and Mary, who I consider 2 of the 3 integral parts of my life-changing transformation had brought me this far but I wanted more, so I hired a professional trainer. Vince Brinkley, who would become a good friend and a huge source of motivation and inspiration for me, was an amazing trainer with the physique and knowledge to match. He introduced me to Core/Resistance/Balance/Plyometric training and more. I would train with Vince 3 times a week on Mondays, Wednesdays, and Fridays, and I would do extra cardio training on the days that I didn't train with him. I still had great expectations for myself as I was weighing about 230 pounds at this time. By March I had lost another 20 pounds and was weighing 210 pounds. My family was excited; friends and employees were noticing and giving me positive feedback so this made me even more motivated. At

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By summer time I had lost another 20 pounds and was weighing around 190 pounds.

this time in my journey I noticed a new life for me start to take form. I was happier, my outlook started to become more positive, I started to have an excitement about life, about doing things, about who I was becoming.

By summer time I had lost another 20 pounds and was weighing around 190 pounds. I started to develop muscles and my body was responding to resistance training; this was really exciting because I could actually start seeing my muscles and their definition. Up to this point all I would wear for my workouts were short sleeve shirts and long pants, nothing revealing. My actual goal was to hide as much of my body as I could because I wasn't confident enough at this time to wear anything less. With that in mind my entire fashion sense had been non-existent because clothes didn't matter to me because I didn't like the way they fit me in the past. Now I enjoyed going with friends shopping because I could now by more than just a hat at the places they shopped; I could actually fit the clothes as well. I was very determined in my workouts with Vince and I was making great progress; I adopted the healthy lifestyle and made it my own. I was more determined to live healthy and feel good about myself and in turn was not worried about the weight itself. I found enjoyment in working out and living this way and I think this is what really made the difference. I even got to workout along side my trainer Vince and be his workout partner at times.

I now weigh 165 pounds and have discovered the new me that was hidden behind a 270 pound individual. Not just a new me because I lost the weight, but because of the journey of positive and limitless self discovery. I found that I could put my mind to something and accomplish it when many said I would fail. I found joy in a lifestyle that I didn't know existed. I found that I could be more effective in a positive manner to all who know me simply because my self-confidence and outlook on life has now been raised to a higher and more positive level.

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“ For anyone that is thinking about doing something about your weight... go for it. ”

Oh yeah, I finally started working out in sleeveless shirts and wearing shorts. Now that I look back on my journey I find it so incredible to see where I started and where I am today... For anyone that is thinking about doing something about your weight (and your life), I advise you to go for it. Surround yourself with good, positive people and never look back. I would like to give a very special thanks to the Body Fulfillment Fitness Company for having great trainers like Vince and for all the continuous support they give me.

Bhavik now has a very active life (professionally, socially and health-active) that is full of adventure. See the awesome new things that Bhavik is up to by following him on Twitter at twitter.com/bodyfulfillment/

Come by the Body Fulfillment Studio, located at 51st and Memorial, or call 918.955.3118 to schedule an appointment.

Real life-change is possible!

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