

# JIM FRANZ

Faculty - Economics

## Inspiration for change

Jim Franz realized it was time for a change when he stepped on LCC's bioelectrical impedance analysis scale in spring of 2014 and it analyzed him at 25.7% body fat with a metabolic age of 58. Franz, who used to be an athlete and participated in many sports throughout his younger years, realized he had allowed himself to get out of shape in recent years. In the 1990's, he was still active and running 10k's, however, a knee injury frustrated and halted this exercise. Since the knee issues, he put on 35 pounds, up to an all-time high weight of 197. Franz was able to drop 10 pounds on his own simply by watching his eating habits. He realized he "can't eat whatever" he wants anymore so he enjoys smaller portion sizes and snacks. He has not cut any foods out completely, he just moderates his portions.

## Current work-out plan

Franz has a gym membership and works out 4-5 days per week using the elliptical for 50 minutes and lifts weights 45 minutes 4-5 days per week.

He used to do the elliptical for 30 minutes, but has found that the additional 20 minutes has really helped with results.

Though Franz was discouraged by his knee problems, he's found the elliptical a good substitute for running that isn't so hard on his knees.

## Sticking with it

Franz's "aha" moment was when he stepped on scale, and he hasn't gone back since he's started to turn things around. He feels that his whole perspective has shifted and he's enjoyed challenging himself with small, reachable goals. He stepped on the scale again, 5 months later and was down 9 pounds and had dropped his body fat from 25.7% to 21.6%. Riding on this success, he's continued his progress and stepped on the scale most recently this past June, 9 months after his previous weigh-in. He dropped another 7 pounds and brought his body fat down to 20.1%.

## Motivation

Music is what really motivates Franz during his workouts.

## Words of wisdom

Franz's advice for others who are working on making healthy changes is this, "Do it, even if you don't want to, even if you are tired – do it anyway." Once he's 5 minutes into his workout, the "happy endorphins" kick in and his body knows what to do.

## Results

<b>Weight lost:</b>	28 lbs.	<b>Body Fat % lost:</b> 5%
<b>Pounds of fat lost:</b>	14 lbs.	<b>Metabolic age lost:</b> 12 years (from 58 to 46)