



## TRAX TRANSFORMATIONS

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*Trainer name: Michael Leverone "Lev"*

*Date you started your fitness journey?*

January 2018

I have always struggled with being overweight throughout my life. After my mother passed away in 2013 from cancer, I started eating "comfort food" to deal with the loss and I gained a lot of weight and my physical appearance drastically changed. I realized that I needed to start and lose weight after looking myself in the mirror one day and realizing how much I had let myself go. I didn't like to take pictures of myself with friends and family because I was embarrassed about the way that I looked. I decided in December 2017, that I needed to sign up for the gym and lose weight and gain muscle and live a healthy life. I decided to sign-up at Healthtrax because I knew it had a pool and I enjoy swimming. I was excited when I learned that I would receive two physical training sessions with a personal trainer which no other gym had offered me before. I was lucky to have Michael Leverone as my trainer for a free personal training session. One the first day, we did a body scan, which showed me how overweight I was and we set goals. He also taught me about proper nutrition and what was healthy and unhealthy to eat. After, our first session I knew that I wanted to have Lev as my trainer. I signed up with Lev, and he has been amazing. I told him my goals and we work to achieve and exceed these goals weekly. Lev has helped me build self-confidence and pushed me to limits in ways I didn't even know was possible. It has been four months since I met Lev, and I am happy to call him my friend. When this journey began I weighed 239.6 pounds and today I weigh around 206. I know for a fact that I wouldn't have made it where I am today had it not been for Lev and he has gone above and beyond to make sure that I achieve my goals. I am determined now to get back to 170 pounds and have lean muscle mass and live a healthy life. With commitment and determination, I will meet this goal.

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*What were the problems you were experiencing before you started your journey?*

Clothes that didn't fit, out of breath, low self-esteem

*Had you tried any other solutions previously?*

I used to walk a lot and then I stopped. The issue was once I reached my goal weight, I stopped exercising and began eating junk food. I used to be a member at Planet Fitness but due to not having a trainer I stopped going and had little motivation.

*What led you to Healthtrax?*

To be honest the swimming pool. I love to swim, and I used to always see the pool open during the summer months and think about joining the gym so that I could swim.



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*What is your favorite thing about Healthtrax?*

My personal trainer Lev. He pushes me to the limits and encourages me to succeed. Without his support, I wouldn't be in the position I am today.

*What is your favorite moment/experience during your time at Healthtrax?*

My favorite moment at Healthtrax was when I mastered the Banana Roll that I had attempted on day one with Lev and failed miserably at. I was able to successfully do the Banana Roll and now I enjoy doing it during our trainings.

*What are some of the benefits you have received?*

Lev has gone above and beyond to help me reach my goals. He has stayed with me longer than scheduled to make sure that I finish the required exercises. I am enjoying my experience at Healthtrax and this one-on-one support is leading me toward attaining my goals.

