



FIT CORRECTIONS

Darrell now works out in the gym provided for employees at the Bay County Jail five days a week using the fitness plan mapped out for him by JT, and follows the dietary plan. He is very happy with the resulting increase in energy and confidence both in his personal life and professionally.

"When you're a correctional officer, your safety can be directly tied into your fitness."



Darrell Byrd

Darrell Byrd is a corrections officer with the Bay County Jail, but he is also a family man. Married to Helena, Byrd is father to a blended family of six: Alexander, Ricardo, Courtney, Alexis, Daiquan, and Malcolm. And a grandfather to six grandchildren. Both his job and family keep him busy, but Byrd has learned that taking some time for himself to work out regularly and follow a smart dietary plan will help him excel on the job and keep up with his children and grandchildren.

Byrd has been in corrections for twenty-one years, eight of those with the Bay County Jail. When he met nutritionist, fitness expert, and founder of **Evolve with JT**, James "JT" Thompson, in May of 2016, he believes it changed the course of his life. "He showed me how to improve my physical workout and provided a tailored dietary plan. He convinced me that you can be fit even in your forties."

