

## JIM WATSON'S RIPTIDE JOURNEY

I believe strongly in the truth that "you'll never learn to swim if you don't let go of the side." That, of course, not only applies literally to swimming, but to anything we decide to do in life. Many people would love to take on a new adventure/challenge, but are oftentimes reluctant to do so for one reason or another: the dread of failure or just not wanting to step out of their comfort zone. Sadly, I've had the ball and chain of those fears tied to my ankle.

Last October, my friend and sports nutritionist James Thompson, "JT," told me it's time to cut the ball and chain off and presented me with the idea of entering a men's physique competition. He made sure I understood from the very beginning that it wasn't going to be easy, and I assure you, it wasn't, but the results were extraordinary!

On May 14<sup>th</sup>, I entered my first physique contest. I'm excited to say I took **1st place** in the 2016 NPC RIPTIDE CLASSIC MEN'S PHYSIQUE OVER 40 class (I'm 55 years young). Over the course of 15 weeks, I

dropped 46 lbs. (202-156) and went to 6% body fat.

Even though I did the physical training part, I could not have done it without God's grace, which gave me the ability to train and compete, my wife and best friend who supported me 100% and commented to me several times that "we eat so much chicken we should start growing feathers soon," and, of course, JT. With his encouragement and knowledge, he propelled me to the winners' circle.

Even though I went well beyond what many people would like to accomplish, if you're interested in dropping a few (or many) unneeded pounds, or just want to know how to lead a healthier lifestyle, I encourage you to visit JT's website, [evolvewithjt.com](http://evolvewithjt.com) for encouragement, education, healthy recipes, and contact information. JT has over 23 years of practical experience in Sports Nutrition, Exercise Kinesiology, Ergogenic aids, Weight Loss and Physique Augmentation under his belt.

He absolutely can help you achieve your goals.

"At Evolve with JT, we want to help



every person we work with to live inspired, happy & healthier lives." — JT

Thank you for reading my short article.

-Jim Watson (Phil. 4:13)

