

In the launch of our Monthly Member Spotlight Program, we are so very excited to honor the accomplishments of Bev Parks.

Bev has accomplished so much since she started training with Jonathan (JP) in May of 2019. Having battled debilitating sciatic pain where she couldn't even stand for more than a minute at a time, Bev was at her wit's end. She had been going to a Physical Therapist for a few months with little to know decrease in her pain. After a thorough assessment of her injury history, gait (walking pattern) and overall movement patterns, JP discovered that she had many lower body muscle imbalances and faulty movement patterns.

While Bev had weight loss goals, JP made clear to her that she had to fix these imbalances first before focusing on the weight loss. The reason being is that as long as she was limited in her physical movement, she was never going to fully be able to work out with enough intensity to really change her body composition. JP and Bev's mantra became "Pain before Pounds"

After the first month or so, Bev's pain was reduced significantly. It was no longer a constant in her life but still reared its ugly head at the end of the day. JP and Bev agreed it was time to start addressing overall inflammation and there is no better way to do that then with a whole food, nutrient dense diet....no gimmicks just real food.

The newfound focus on diet improved Bev's pain even more but there was still some lingering pain intermittently. Bev was about to schedule an appointment with her doctor to see about getting more imaging to see what was going on with the sciatic nerve. JP, knowing they were so close to alleviating this issue, suggested adding one more corrective exercise to her warm-up and homework. This final addition was the miracle cure they were looking for and within 2 days Bev's pain was completely alleviated.

Now able to fully commit to increasing the intensity of her training sessions, Bev set a goal to lose 50 lbs by December 31st 2019 and on the final week of the month, hit her goal!

As of March 1st, Bev has lost a total of 60 lbs and 6(!) pants sizes. The weight is still coming off at a consistent 5 lbs per month and she remains pain free.

Now you can always find a smile on her face when at Nourished Performance, with an eagerness to learn new exercises and push her physical limits in her new body! We are so honored to have a part in her journey back to health!