



Hi, my name is Lamont and I began my journey in Fitness and Nutrition back in 2012 when I wasn't satisfied with how I looked. I was 260 and not eating well at all. I pulled my back playing sports and the doctor assured me it was due to my lifestyle and being overweight. I knew this isn't how I wanted to live my life.

I began exercising again and cutting out the bad foods. In 2016, I did an online bodybuilding/transformation contest. Focused a lot on cardio and cutting calories. Was able to get down to 203lbs. Only problem is that I looked like a skinnier version of my former self. I went back to strength training and began eating more without any true direction on the correct types of food to eat and my strength increased but my weight went up to 220lbs.

In 2019, I decided to do my 1st NPC Bodybuilding show and actually did research and created a meal plan I could work with. Balancing weight training and cardio along with proper meal plan I achieved a look I never thought I could reach.

After that show I began helping other people with my knowledge on clean eating and proper training. I've created meal plans and fitness routines, watched people reach and crush their goals. I've seen people stumble as well. We all stumble at times but it's how we recover that matters. I also run an outdoor fitness class for all levels. Easy to follow but will definitely push you to your limits.

I truly enjoy meeting and helping people. I find it fascinating what the body can do with proper nutrition, training and determination.

Lamont is in our Fitness Center helping you with the machines
Mondays and Thursdays from 5:30 – 8 pm.