



## WELLNESS WARRIOR

**Jonathan Strong began his own agency, Strong Solutions, with a mission to help people with disabilities reach their health and wellness goals. Motivated by his strong desire to be a good role model for the clients he works with, Jonathan set his own fitness goal in October of 2021 to change his lifestyle for the better. “My primary goal is to be an inspiration to the clients in my agency who want to lead their own healthy lifestyle.”**

Having previously learned how to work out while playing sports, including football, track, and power lifting, Jonathan set out to get his health back on track. Loving the results he gets with strength training, he lifts weights at the KANA Wellness Center 5 days a week for 90 minutes, training chest on Mondays, back on Tuesdays, legs on Wednesdays, arms on Thursdays, and shoulders on Fridays. He also participates in boot camp and yoga classes offered at the Wellness Center—which he credits for helping him build both his strength and flexibility.



In addition to dedicating himself to strength training, Jonathan has overhauled his eating habits. “I’m on a see food diet. When I see food, I don’t eat it,” he jokes. “Before, I ate a lot of carbs, sugar, and meat. Now I’ve switched to fresh, whole food. I eat nuts, seeds, beans, beets, vegetables, and sometimes fish, chicken, or beef.” He admits that the most difficult challenge to overcome on his health journey has been learning to live with limited food choices. He stays motivated by the inspiration he’s become to his own family, whom he says are also making healthier food choices.

Since last October, Jonathan has lost over 50 pounds. His overall health—both mental and physical—has also improved, and he says the added benefit to exercising and eating better is that he

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feels younger. “It has taken longer to be committed to getting in shape,” he says. “I also realize, as I get older, I need to be healthy to be there for my family and clients.”

When not at the gym, Jonathan loves to take his clients on outdoor activities. “We go hiking, fishing, camping, swimming, beach combing, and work on

projects with vehicles. With my agency, we have a system and set of programs I call B.U.I.L.D. (Better Understanding Involves Learning & Doing). I teach my clients skills by actually doing things. That way, they can learn and retain the skills needed to

live a happy and independent life. I can better help my clients reach their goals of a healthy lifestyle if I have a healthy lifestyle, and I model how to get in shape. If I can do it, so can they!”