

MAX MUSCLE NEBRASKA PRESENTS

# MAX MUSCLE SUPERHEROS

At Max Muscle our passion is to help people look, feel, and perform at their best, and to get the results they deserve. We meet people everyday who have made health and fitness a way of life, people who have changed their lives, and through their dedication and lifestyle, they have become an inspiration to others. We present to you Max Muscle Superheros.



## *Wes Trotter*

- Husband
- Father of 4
- Dental Hygenists
- Dropped 100 pounds and found diet & exercise as new hobbies



*Tell us a little about yourself.* I am 33 years old, married to my high school sweetheart, Heidi, and we have 4 great kids.

*How would your friends describe you?* I think people would say I am loyal, hard worker, determined, goal setting, and always up for a good time.



*What motivated you to become passionate about health, fitness, and proper nutrition?* About 4 years ago I was tipping the scales at about 275 pounds...at 5'7". My blood pressure, cholesterol and triglycerides were sky high and I knew that I had to make a change in my life, for myself and my family. Today I am a healthy 175 pounds and diet and exercise have become my passion and my hobby.



*Describe workouts you typically do.* I love to run outside for my cardio and very much enjoy lifting weights.

*Which Nutritionist do you usually work with, and what location do you most often visit?* I usually work with Ross and Steve at the Lincoln, Nebraska location.

*"Diet and exercise have become my passion and my hobby"*