

GETTING A GRIP

Austin Pace

CIS 1020-062

Ages 11-19



Introduction

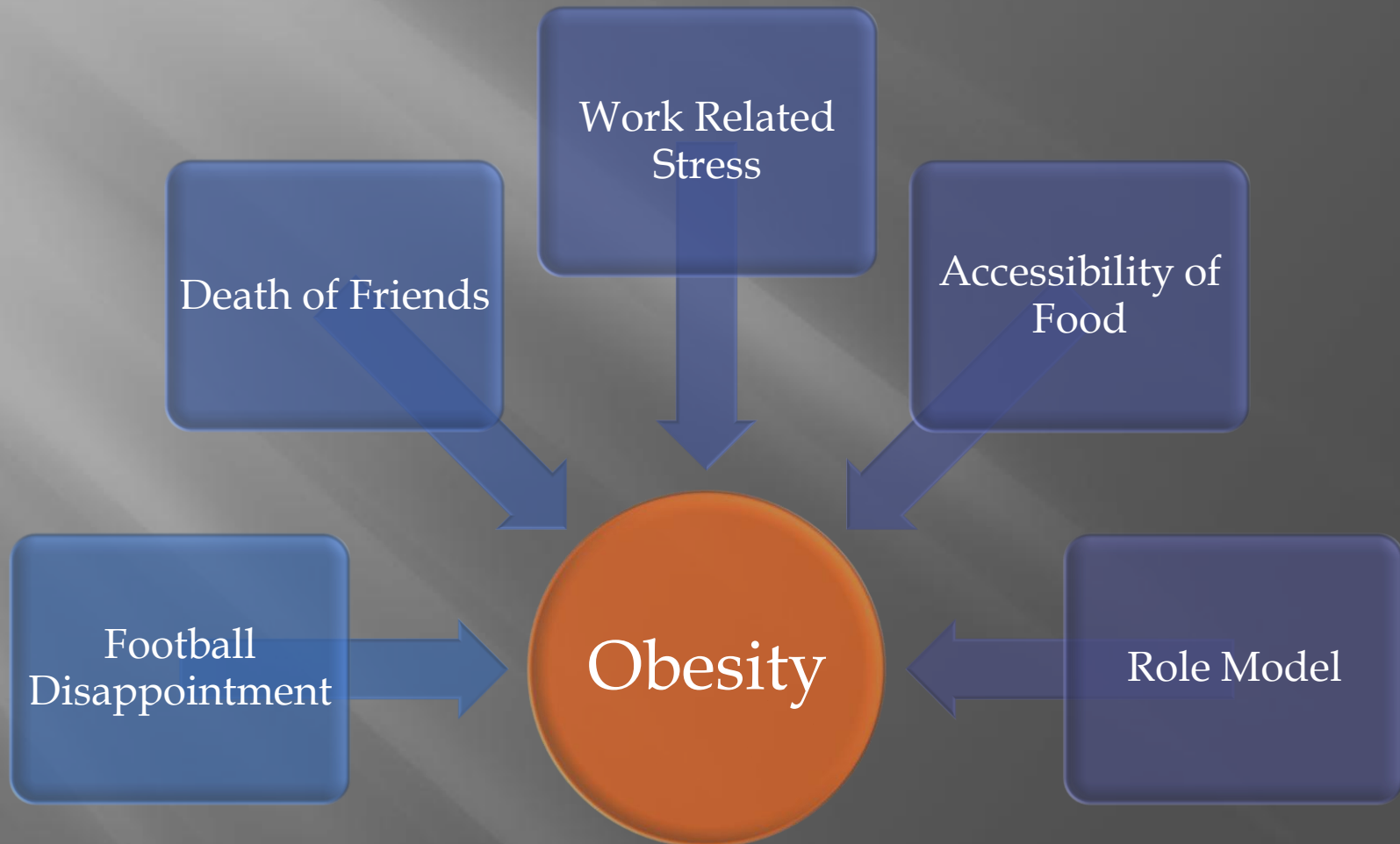
- ▣ Family Fast-Food Restaurant.
- ▣ Pace's Dairy Ann



What I Was Faced With



Contributing Factors



Impact of Obesity

Depression

Low Self
Worth



Taking Action

- ▣ Realized that I had a problem
- ▣ I made a plan with Personal Trainer at C.O.R.
 - Included Grip training to workouts
 - Slightly adjusted diet



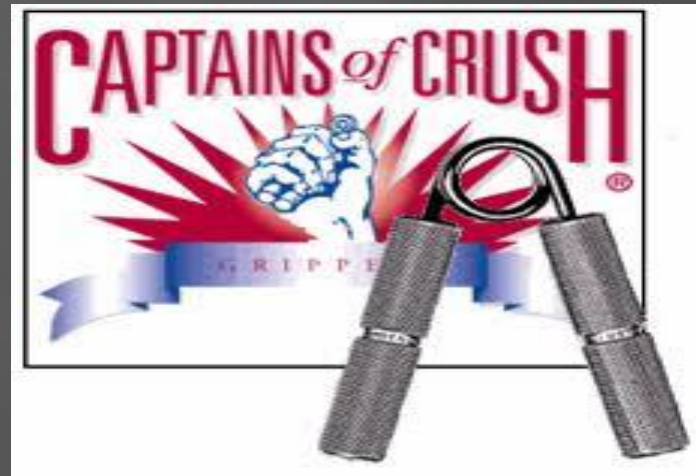
Results

- ▣ Weight Loss
- ▣ Dramatic increase in physical and mental strength
- ▣ Boost self-confidence
- ▣ More productive
- ▣ More energy
- ▣ Positive outlook



Life Today

- ▣ Overall weight loss of 88 pounds
- ▣ Maintained weight loss for almost 2 years now
- ▣ Captain's of Crush Association (C.O.C)
- ▣ Spring loaded grippers
- ▣ Closed C.O.C. #3
 - Only 262 people in the world have closed this



The Next Step

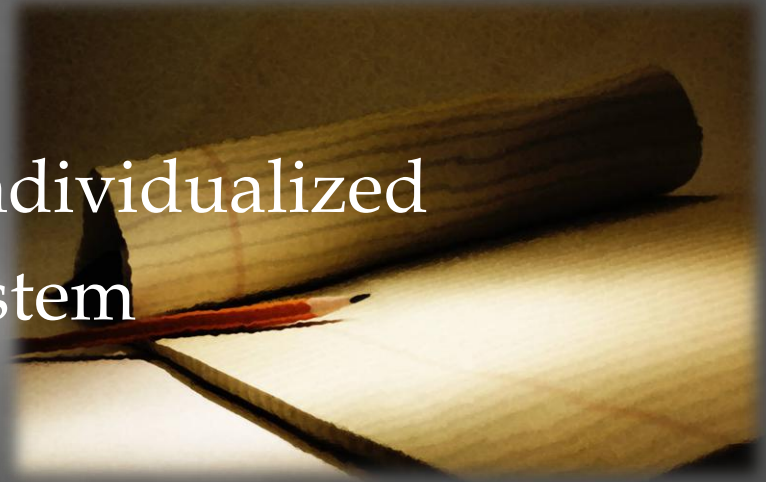
- ▣ Close #4 C.O.C. Gripper
 - Only 3 people in the world have closed this beast.
 - Joe Kinney was the 1st in 1991
- ▣ To be the fourth person ever to do it.
- ▣ Push myself beyond physical boundaries





Lessons Learned

- ▣ Facing this is not easy
- ▣ Start out slow
- ▣ It is very personal and individualized
- ▣ Have a good support system
- ▣ Make Goals
- ▣ Use a motivator
- ▣ Have fun doing it



Bibiliography

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- ▣ www.ironmind.com
- ▣ www.oxbridgebiotech.com
- ▣ www.optimumhealthvitamins.com

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