

A proper gym is none of those things and can be all of those things. Regardless; a personal trainer will help us through the confusion and even the fear, the self-consciousness and the esteem issues, and will focus entirely on us.

"Give me sixteen hours, is all I ask at first," Reyanthony Garcia leans across his desk at the Fitness4 gym in downtown Cotulla. "You know what; give me eight. Take that sugar out of your diet, those fats and those sodas. Take those unhealthy foods out of your life. You're going to feel better already. You're going to have some confidence, coming in here. I'll show you what you can do."

Garcia operates the small gym that boasts a clientele far greater than could fit into the building at any time. Nearly five hundred people in the community have come to him for a fitness and health regimen that begins with agreeing to make a change in one's life. More than 130 are currently taking personal training from him daily.

"What I offer here is a chance for people to return to being active, to find the energy they've lost over time, to bring their bodies back into the condition they were born to be," Garcia says.

"Some of my clients have never been to a gym. After a visit and a consultation, they know more about themselves, and they know exactly what to do. Even my own mom is a member."

Garcia outlines personal plans for each of his clients. He will assess their abilities, the time they have available for him, and their physical capabilities. These are the foundations upon which he will help them develop healthier, fitter bodies, free of poisonous foods that have slowed them down, and a readiness to move and return to an active lifestyle.

His involvement in each fitness plan extends to real-time demonstrations.

"I will do each of these exercises the day before, film them if necessary, and show my clients exactly how to use the equipment, how they should be positioned, where their feet should go, and point out which muscle groups we're working on," he says of his daily online updates. "Yes, they are challenging, but either I or another trainer will coach

you through it.

"Once our clients are in the program, they won't stop," Garcia grins. "They see the results immediately. They see themselves losing weight, losing body fat, feeling better.

They are excited about the program that's tailored for them."

A nutritional plan goes along with gym membership.

"A big problem for a lot of people who haven't seen results in the past, well, that's how much sugar they eat," Garcia says. "Change your eating habits, that's one of the first things we recommend. Just drink water – black coffee is okay if you must – but stop putting

sugar in everything. Give me a day or two like that, and I'm going to show you a difference already.

"We need to break down these meals, these serving sizes, these times of day when people eat, and this constant snacking," he adds. "A big misconception about exercise is the numbers on the scale. Your fat percentages are actually dropping. That's what matters.

"When people see what I'm doing, not picking up crazy amounts of weight, they are more comfortable. They have a routine to follow. We are here to help them reach their goals, not to face more frustration...

"Just give me those sixteen hours."

**"Take that sugar out of your diet... those fats and sodas"**

## ^Things (From Previous Page)

The company says lab tests show Burst removes up to 85 percent of plaque on teeth that toothbrushes can't reach.

The Waterpick Sonic-Fusion 2.0 (around \$169) is a toothbrush and water pick all in one. The latest version has twice the bristle tip speed and 30 percent more flossing power versus

the original model, Waterpick says.

All in all, there is a range of new products worth investigating for dental health today, and there is bound to be something that appeals to everyone in your family.

Let the pearly white smiles begin today, thanks to modern innovation!



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