

# JONATHAN AGUDELO

## HONORABLE MENTION

I decided to sign up because I wanted to change my lifestyle in order to be healthy and to have vitality which I have lost due to my sedentary life and poor diet. I wish to inspire other people with the same lifestyle I used to have or even with worse habits and with the risk to suffer from illness that can carry on to death.

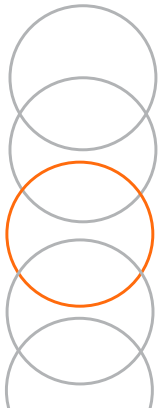
Body fat lost = 8.66%

Weight lost = 19.8 lbs

Inches lost = 11.02



\*Results not typical



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