

# HOW STRENGTH CHANGED MY LIFE

At Fringe Sport, we want to help you improve your life through strength. And we know that so many of you have stories of how your strength journey has transformed your lives.

We want to hear those stories.

Here at Fringe, we talk a lot about how we want to help you on your strength journey. We believe improving your lift through strength affects all areas of your life, making you not only healthier, but also happier.

So we want to hear about your transformation through strength. And to help you tell your story, here are a few questions to think about.

- Give us a little background about you and your life, what you do, your hobbies, etc.
- What was the turning point for you?
- Did you change your diet? How?
- When did you decide you had to do something to change your fitness level?
- What was the first thing you tried as far as working out?
- How did your workout routine evolve?
- When did you decide to start lifting?
- Did you know someone who had started a strength journey and saw them change?
- Did anyone help you or mentor you?
- Did you ever get discouraged? What or who encouraged you to keep going?
- Did you hit a plateau? How did you get over it?
- What did you change in your life when this started?
- Did you join a gym?
- What made you decide to have a home / garage gym if you have one?
- What are you doing to make this change stick? Or what would you give as your reason to make it stick?
- What changed in your life as a result of the decision to get fit?
- Has anyone around you been encouraged by your transformation?
- What advice were you given that you still follow today?
- What advice would you give to anyone thinking about starting a transformation?

You don't have to go down this list and answer them like it's a test - we just want to give you some ideas of things to think about and share with us. We want to hear it all - from your first step to your latest personal best!

And we want pictures! If you have before and after pictures you will be willing to share, please attach those and send them back to use - we would love to see the difference!! You can send any you took before the change, any you took while you were on the journey and then any after (or at least for now – we know these changes never really stop, right?)

You'll find the email that started it all attached to this response as well, so you can see what one of our Fringe Fam members shared. This is, again, just a way to give you an idea of what we want to hear from you!

If you have questions please don't hesitate to ask. You know that we are always willing to answer anything. You can shoot an email to the [team@fringesport.com](mailto:team@fringesport.com) or even to Amy - her email is [amy@fringesport.com](mailto:amy@fringesport.com). Either way, we'll get the answers to all your questions back to you as quick as we can.

Thank you so much for being willing to share your transformation journey with us and the rest of the Fringe Fam. And, as always, Lift Heavy, Lift Happy!