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### Mickey Ellison Show Archives Available April 30th 2014: Yes You Can!

On March 30, 2001 my oldest son, Jordan, was born. Later that year my family took a vacation to Myrtle Beach, SC where my wife took pictures of us on the beach. When I saw those pictures for the first time I saw how unfit and overweight I had become. A little later while trying on slacks it was confirmed by the fact that my next waist size was going to be a size 40. The 40 inch waist was what did "it" for me, and literally that day was when I found my "why". Today I am at my college baseball playing weight and have been there for the last 12 years. No matter how much you want to lose wei

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### Featured Guest



#### Michael Gowan

39 years old and in decent shape, but honestly my health and fitness was declining. There is no such thing as your health and fitness or anything else staying the same. You are either moving forward or moving backward. The one thing I had always taken pride in, was the fact that I could run around with my sons and even with the kids I coached, no matter what sport it was. BUT as I got older, we got busier and I could slowly see myself slipping down the path that most people go, watching their kids and grand kids playing instead of being able to run around with them. This was not what I wanted! There are some things I cannot control, like the fact that I am slowly losing a little bit of ha

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