

Be The Best You

Empower Yourself

Outgoing. Social. Confident. Three words that many people would use to describe TJ Overton. While these characteristics accurately describe TJ today, he spent many years feeling the exact opposite.

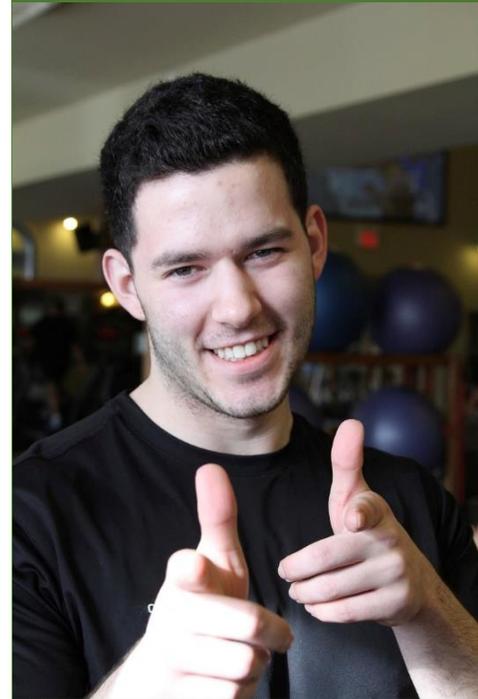
“I carried some extra weight in public and high school. I didn’t feel great about myself and the bullying I received didn’t help,” TJ explains.

Mid-way through high school, TJ took a serious look at his sedentary lifestyle and unhealthy diet and decided a change was in order.

“I want to feel confident, happy, and productive. I knew I needed to make some changes in order to get to that place so I started running in my neighbourhood,” he says.

It didn’t take long for TJ to see progress. With a running routine established, he set out to add muscle-building activities to his daily regime. Noticing TJ’s commitment to his new lifestyle and his desire to make further progress, his Uncle bought TJ a membership to Heritage Fitness. TJ states, “Things just really took off from there.”

TJ quickly became a regular fixture at Heritage Fitness. He ran from his home in Carleton Place to the gym five days a week to workout. He developed friendships with the staff, describing them as “incredibly supportive and encouraging”. He learned the gym was hiring front desk staff. TJ applied for the job knowing that it was a place he’d love to work. After a couple of interviews, he was offered the job.



TJ Overton

Fitness Advocate
Animal Lover
Perpetual Smiler

“I want to feel confident, happy, and productive. I knew I needed to make some changes in order to get to that place...”

Empower Yourself

“I would not have had the confidence to apply for the job had I not been working on my health and fitness. The person I was before – insecure and shy – I would have talked myself out of it. Working out, losing weight, living more healthfully gave me a level of confidence I didn’t have before. I felt empowered,” TJ pronounces.

Healthy eating is a big part of TJ’s improved lifestyle. While he does enjoy an occasional peanut butter cup, he replaces packaged foods and sugary snacks for healthy options such as dark chocolate or apples with peanut butter.

When asked about how TJ stays committed to working out, he credits the hard work and focus of those around him. “Everyday I see gym members come through the doors despite being tired, driving through bad weather, or having a pile of work to tackle. Whether they work out for 20 minutes or 90 minutes, they make coming to the gym a priority. Seeing that every day is inspiring,” he says with a big smile.

Be The Best You is an ongoing series that showcases Heritage Community Fitness & Rehabilitation Centre members and their journeys towards living a healthier life.

www.heritagefitness.ca info@heritagefitness.ca 613-253-2112