



THE MEMBER: TROY CONLEY

Nine months ago 30-year-old Troy Conley weighed 130kg, drank six to 12 cans of Red Bull a day, preferred McDonalds and KFC to fruit and vegetables, and had a serious sugar addiction. "I never saw it as a problem, and my partner planted the seed that if I kept drinking Red Bull there probably wouldn't be a future for us so I literally stopped drinking Red Bull overnight," Troy says. "It was about having enough reason to stop."

Luckily his best friend, Lachlan, was a personal trainer and lifestyle coach who was ready to help, says Troy. "I broke my back three years ago, so Lachlan had to rebuild me from the start," explains Troy, "it was very tedious for the first couple of months: lots of assessments and core exercises, strengthening to get my body in a place where I was able to train."

Troy says that Lachlan also worked on his mindset, writing pages of notes about the "why I needed to do this", which helped in changing the way Troy looked at things.

But the most challenging part, says Troy, was the nutrition – knowing what and when to eat. "The training is the fun part, I've absolutely loved the training and it has become a part of my life, I look forward to my weekly boxing sessions," he says.

"I've had massive blow outs and gone on complete binges, I picked up a virus and got knocked out of the gym for a month, and put on 4kgs. I needed to stumble, to remind myself how much I wanted it." Now, Troy's down 30kg and hasn't lost of any of his hunger.

THE TRAINER: LACHLAN AINSWORTH (FITNESS FIRST CHATSWOOD)

Friends since school, Lachlan had been trying to get Troy to address his unhealthy lifestyle for a while. So when Troy approached him nine months ago and said he was ready to make a change Lachlan was there to help. "I was always trying to push him to address it but he didn't respond. He had been denying that he had a problem, then one day he switched and his mindset just changed," says Lachlan.

Although he didn't do too well on all five of Lachlan's initial consultation assessments, Troy dived head first into the program, taking it very seriously, and was rewarded with quick results. They hit a roadblock a few months ago and Troy gained four kilograms. Lachlan explains that "He fell off the wagon and was too scared to tell me, but I got it out of him, and we addressed the problem."

Realising it was a massive change for Troy to undergo, Lachlan felt empathy more than disappointment and knew that it was going to be easy to get him back on track. Lachlan's focus is nutrition and lifestyle, and his ethos of "assessment before program" was crucial, especially in Troy's case.

"Our goal is to get him to 90kgs, he's under 100kg now so he doesn't have far to go, then he wants to work strongman competitions. He's already started training with a coach, who is very impressed at how naturally talented he is." ◻

My Trainer & I

It helped that personal trainer **Lachlan Ainsworth** was also **Troy Conley's** best mate. He helped Troy escape a life of junk food, sugar addiction and even a broken back.