

Employee Story: Kevin Magill, Techform

“Commuting to Penetanguishene daily for work and sitting at a desk for ten 10+ hours a day resulted in less energy, strength and flexibility that I’m accustomed to having.”

Kevin Magill, Purchasing Supervisor at Techform, has been active most of his adult life, but he noticed that the long days of sitting at a desk started to take a toll, so he decided to do something about it.

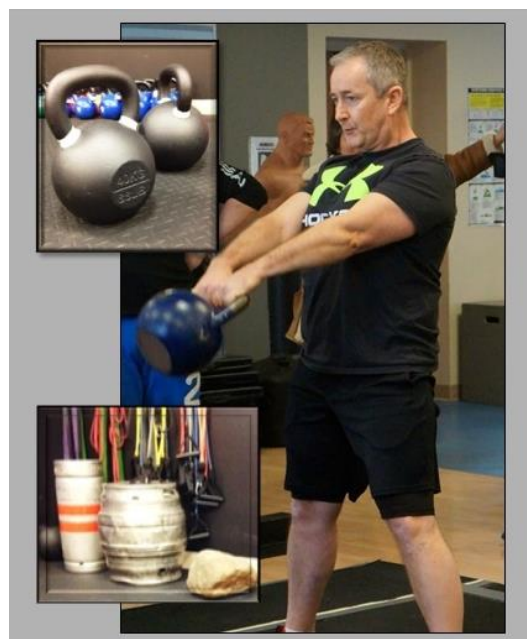
In May of 2013, he joined the Barrie Kettlebell Club and has since been enjoying 5:30AM strength training workouts three times per week. “I use barbells, dumbbells, kettlebells and most recently, sand bags, beer kegs filled with sand, and rocks weighing as much as 150 pounds. I love the feeling of accomplishment from setting PRs in the gym and lifting heavier objects over time. My energy level has soared and my strength has increased to levels of my younger years.”

“I look forward to my morning workouts and love my new found strength and energy.”

Kevin still sits for hours throughout the day but he gets up and moves around every half hour and drinks plenty of water. “Fruits, vegetables, high-fibre carbs and lots of protein are my fuels of choice.”

While most of us are sleeping in on Saturdays, Kevin’s back at the gym for the Men’s Strength Group. “My focus is on strength and mobility,” he explains. “I’ve entered my 50’s and am a new grandfather. I want to be able to play with my grandchildren for years and years to come.”

“I can’t imagine life without fitness and love challenging my body before getting to work in the morning.”



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