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Press Release

Lives Change for 10/ 24 NPC Axis Labs Natural Bodybuilding Show

Troy Raper, High School Orchestra Director, loses 100 pounds, a gaming habit and cheeseburgers but gains back his life.

Denver, CO October 16, 2009:

Troy Raper, Director of Orchestras at Palisade High School, worked too much, ate junk, smoked heavily. During his free time, he gamed online for 6-8 hours a day and his weight skyrocketed to 260. He was depressed. He wasn't around for his wife and kids. Physically and emotionally, things weren't good for Troy.

Even when Troy's wife, Lori, lost 60 pounds to compete in a NPC figure competition (bodybuilding "light"), Troy watched with little interest and gave no support. In fact, at her competition, he ate a cheeseburger and took regular smoke breaks outside.

Troy's "*a-ha I better change my act*" moment came on a vacation in Mexico shortly after Lori's figure competition. Maybe it was the buildup of fatigue, depression, and body-
envy, who knows. He just remembers thinking, enough. I can change.

And he did.

From that moment in June, 2008, Troy decided to work out, eat "clean" every day. Now, at 153 pounds, he's ready to do his own NPC competition – in bodybuilding.

Troy will show off his muscle-toned body this Saturday, October at the NPC Axis Labs Natural Colorado Open Bodybuilding, Fitness, Figure and Bikini Championships at Colorado Heights University Theater October 24, 2009 at 5 p.m. For tickets and information go to www.jefftaylor.com or www.coloradonpc.com. For interviews and questions, contact Jeff Taylor at 303-668-8578 or jtaylor@jefftaylor.com. (And yes, natural means drug tested.)

Sent by: Melissa Taylor, meltay@comcast.net

