

# MY AMBASSADOR

**RANDY GOZUM**





### WHAT FIRST BROUGHT YOU TO MY RIDE?

Glenda's sister, Avigail DelaCruz, always encouraged me to try MY Ride. She noticed a huge difference in my weight loss of 30 pounds from walking four miles a day for three months. Avigail thought I was ready to try spin class after seeing my results. I was always hesitant to try it because it looked very difficult, but after my first class on Tuesday at 5:30 am (Mike Yaba), I felt fantastic!

### DESCRIBE YOUR FIRST CLASS AND HOW YOU FELT.

I walked into a 5:30 am class with Avigail, and she introduced me to Connie McClanan. Connie's teasing comment to me, "she must not like you" made me worry because I found out that I was apparently entering a hard-core spin class with the best instructor, Mike Yaba. After my first class, I felt a sense of accomplishment. Although, I didn't know all of the movements on the bike, I felt good that I finished the class without stopping.

### HOW HAVE YOU CHANGED SINCE FIRST STARTING MY RIDE?

My overall well-being and lifestyle has changed tremendously. I lost 45 pounds from the help of the amazing instructors and support from MY Ride. My stamina and movements on the bike have improved from day one.

### WHAT WAS THE FIRST CHANGE YOU NOTICED?

The first change I noticed was in my pants size.

### FAVORITE MEMORIES?

The Beach Ride and my first 5K run with MY Ride.

### DID WORKING OUT INSPIRE YOU TO CHANGE YOUR DIET?

No, dieting was changed before MY Ride and MY Ride was the vehicle to get me to achieve my weight loss goals with consistent spinning and unbelievable circuit classes.

### WHAT HAVE YOU LEARNED ON YOUR JOURNEY?

Mike Yaba's words inspire me daily. He says, "there's no better feeling than to help others." I've encountered many positive comments about my weight loss, but I truly believe there is no greater satisfaction from helping others continue their fitness goals. For that reason, I am committed to become one of Mike Yaba's instructors and I will continue his quest to "changing the world."

### HOW HAVE YOU INSPIRED OTHER RIDERS?

I have inspired other riders by my results, dedication and consistency from MY Ride.

