

Will Giles

I don't have any pictures as of yet, i'll attempt to get some this week.

Quick run down:

Family Status: Single.

Career: I'm currently a line cook at Dick's Wings in Starke. I also run a food blog and moderate for DomesticDan, a happy go lucky food streamer on twitch.tv in my spare time.

Hobbies: I enjoy a nice game of golf when I can actually get out to the course and I also enjoy brewing beer and cooking for friends.

Other stuff: Honestly as you can probably tell there really isn't much to me. I'm just a guy that likes to cook, workout, and talk to people. I spend most of my free time at Genesis Fitness, I'm there pretty much 6 days a week for anywhere from an hour to two hours depending on the day. I came to the gym wanting to make a change in my life, my health, my weight (150lbs down!), and my overall outlook on the future. It has been close to a year since I walked through those doors with little to no clue what I was doing, and since then I've gone from barely being able to comfortably walk a mile to being able to run one with ease. I've met so many good people along the way, the patron's at Genesis have really become a pseudo-family of sorts. I go each day knowing I'm going to get to laugh with Will and most of his clients while I'm there, notably Mrs. K and Doc. I met my trainer Roger who I've been working with for close to 8 months now and have made significant changes to my body structure while keeping me motivated, laughing, and in good spirits no matter how much his workouts kick my butt. He has really given my workouts a great format and structure so I can easily stay on track if one of us has to miss a day. Then there is Mrs. Jan, I can always count on her for a hug, a laugh, and words of encouragement, she really makes a good day into a great one. I could keep naming off names of people I see each week and draw motivation from, but i'd be rambling for a good hour. I'm not really sure what else I can say, everything just kind of clicks into place when I'm at Genesis and I love it. I'd just like to thank everyone named and unnamed for giving me the motivation to accomplish my weight loss goals and taking that journey with me.

The staff of Genesis is second to none, so from the bottom of my heart I'd finally like to thank Todd, Roger, Will, Mrs. Mary, Anna, and Josh for making the gym great.