

My Life: Then and Now

When I was younger, I (love) (1) _____ sports, (2. Conector) _____ I (not / have) (3) _____ much discipline or free time. (4. Conector) _____, five years ago, I (start) (5) _____ to go to a traditional gym. I (quit) (6) _____ after just two months (7. Conector) _____ it (be) (8) _____ incredibly boring to follow the same machines every day. (9. Conector) _____, my mindset (change) (10) _____ completely over the last two years. I (discover) (11) _____ the world of fitness and functional training using custom direct-pulley systems. Since that moment, I (build) (12) _____ my own workout routine and I (not / miss) (13) _____ a single week of training lately. (14. Conector) _____, I have improved my nutrition; (15. Conector) _____, last night my partner and I (cook) (16) _____ a big healthy dinner with boiled potatoes and squash to recover. (17. Conector) _____ eating fast food, we now choose clean, whole foods. We feel much healthier now, (18. Conector) _____ we (decide) (19) _____ to maintain this lifestyle forever. Personally, I (never / feel) (20) _____ this energetic before in my entire life!