

My name is Nick Page, and I am a 73-year-old male. I retired last year as a police officer with the Las Vegas Metropolitan Police after 9 years; before then I was a pilot for United Airlines for 37 years. These were both professions that I thought required excellent fitness. I have been a runner ever since high school, having run 5 and 10 K's, marathons, numerous short triathlons, and two Ironman Triathlons. Weight training was also part of my regiment, but not on a regular basis.

Several years ago a notice came from the Police Association that a Dr. Scott Porter was offering us a true health plan. I have never taken much interest in my diet, to the contrary I have always been a junk food addict, and drink nothing but cokes, but as I got older, I knew running and a little weight training wasn't enough. So I made contact with Scott, and things only got better from there.

My first meeting with Scott wasn't the usual just in gym clothes and "let's hit the weights." Instead, we talked for a long time, about my general health, eating and sleeping habits, what I was doing for fitness, and where did I want to go. After that we went into the fitness area and I began a whole new workout routine. It started with stretching, something I never really cared for nor did--but I soon learned how much stretching helped everything I did. In the next few weeks, we worked with weights, on balance, cardio, stretching, quickness, etc. For the first time in my life I had a complete fitness program.

One of the many things I learned from Scott was that we weren't going to be doing the same things over and over. Just about the time I felt comfortable with something, we were learning something new. I started the police academy at age 63, and I was in great shape because of the work I did before I got there. After one month with Scott, I was in the best shape in years and in many respects, better, because I had a much more rounded fitness program. I ran faster in 2014 than I did in 2007, and felt much better when I finished. My overall strength was excellent, and I stopped taking blood pressure medicine, and cholesterol medication. And as of now, I take nothing.

I always enjoyed my workouts with Scott, at least when I was finished! They were ever changing, interesting, and very thorough. I moved to Texas a year ago, and still run and have a personal trainer, who is very good, but he is not Dr. Scott Porter. I watched Scott work with kids as young as 7 to as old as me. He trains athletes at every level from grade school through pros, and in all sports, and of course he trains everyday people like me.

I still keep in contact with Scott, because he helped change my life, and more importantly how to enjoy my life through good health and fitness.