

Inspirational Stories

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This is a story about the journey that I have taken from surviving cancer in my early 20's to overcoming obesity to stepping onto a bodybuilding stage for the first time. During college I was diagnosed with appendicitis, which later turned out to be a tumor inside my appendix causing the inflammation. This type of cancer is only curable with surgery, so no radiation treatment was ever needed. I was never really into bodybuilding during college, just the everyday basic lifter. Once I graduated, I came across several guys that were doing strongman/power lifting, so I decided to give it a shot. To be competitive in those sports it was distilled into me to eat anything and everything and just get big and strong. So that is exactly what I did. I would drink gallons of chocolate milk and eat constantly not worrying about the effects it had on my body, just knowing that I was getting stronger and bigger. My weight ballooned to an obese 350lbs. At this time, my wife and I decided to move back to Charlotte and that is when I joined Elite Fitness. I trained with several guys in strongman there as well. As the years past, my weight would fluctuate between 330lbs to 350lbs but my strength would never change. Not only was my body suffering but my life was as well.

This is when Cornelius Parkin took over ownership at the gym. During 2014 I saw a greater decline in my life and by September of that year I decided it was time to make a change. I asked Cornelius if he would write me a diet and I would train myself as I knew the basics. So I started on this diet (just recently did I realize this diet was basically meant for me to fail, that's how hard it was) and progressed slowly over the course of 6 months. My weight started to

come down and features started to change. By April 2015 I was down to around 280lbs. At this time everyone knew that I was serious about changing my body and my lifestyle. The diet started to change even more when I decided later on that I wanted to step on stage. By September 2015, I had been dieting for 1 year and my weight was at 250lbs. I stepped on stage in October 2015 weighing 220lbs and two weeks later stepped on stage again weighing 214lbs. In the end I lost a total of 130lbs of fat. I will never look back to the old ways, only for motivation to push me even further.

Look for Eric to bring an even better package to the stage in 2017!

