



DR. MICHAEL KEY & LINDA DUPREE

MICHAEL'S STORY

One would think that being snatched from class in front of your 10 year old peers and to be hurled off to a foster home would be the worst thing that could happen to a child. From 1967, which was my first of three (3) entries into foster care, my days like many other foster kids were long and too often led to heartbreak. I realized early on in my foster experience, that I wanted to do something special and be someone special.

It was the beginning of a basketball game at the school that we attended, the coach informed the boys who were on the team that their 5th player was not there and they would not be able to play. One of the boys looked my way, pointed at me and shouted, " He can play!, Let him, he can play! I had never played a sport. This was my official introduction to sports and the requirements to be successful at winning. By the end of that first season, I walked away with two trophies, one in basketball and one in football.

"We're going to be clean and we're going to look good in our uniforms." - Coach Harris

When I was too young to know it, there were elders like Coach Harris, and Coach Recker, who recognized my thirst and drive for winning and saw my potential at sports. It was because of their support and encouragement that I made a personal commitment and goal to train my body to join me in accomplishing that which most see but don't believe. I owed it to myself and to them.

Taking care of my body and my health became a priority. What better way to encourage others than to be an example. To serve as an inspiration for many that suffer with aches and pains, I hope I can be their inspiration. I am passionate in my desire to encourage others to transform their lifestyle because I want them to feel good and full of life. I can show them that the excuses they have are challenges that can be overcome. I can share the personal obstacles I have faced, like the burden and stress of an ongoing lawsuit that has drained myself and my wife physically, psychologically, and financially. The impact has been unimaginable, but we use it to fuel our perseverance and commitment to be our best.

I'm grateful for the success of my most recent challenge which was to change my percentage of body fat, from 22% to 12% and waist size from 35 inches to 28 inches. I started this journey at 186 lbs and ended weighing 186 lbs adhering to a rigorous training regimen and nutritious diet, confident that losing 18lbs of fat and gaining 18lbs of muscle would manifest the work and commitment that went in.

So, what led my wife and I to enter the Gold's Gym challenge; as a team, at our ages of 62 and 70? Plain and simple, we were inspired by those previous winners before us. Our shared mission is to serve as ambassadors for good physical and mental health. On a personal note, the Gold's Gym Challenge has afforded me an opportunity to reflect on my childhood, the challenges, individuals, and accomplishments which have shaped me. It was God's grace that I was selected to be the 5th player for the team that day in 1967. That game and living in foster care stirred my interest in sports, and ultimately led to my understanding that sports and physical fitness are uniquely aligned.

We cannot think of a better way to encourage others than by being an ambassador for an organization that promotes, encourages, and inspires people, no matter what their starting point, to live a lifestyle of health and fitness. We ask God's blessings on this journey.

Dear God

As I go on from here, help me say
yes to possibilities and no to temptations,
hello to giving and goodbye to self serving,
yes to many words of hope and no to words of despair,
always to what lifts up and never to what puts down.

As I go from here, Dear God, I know that you go with me to all places and you are with me in all things....amen

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LINDA'S STORY

I exercise and eat healthy to enjoy the tangibles and intangibles for the best quality of life I can. For me, it's not just about looking good but rather, it's about balance and well-being. I strive for radiant health and beauty, from the inside out. To obtain my goals, I avoid contaminating my body with unhealthy food and junk. Instead, I believe if you love something, you nurture it, care for it, provide what is best for it, and you don't mistreat or hurt it. Longevity is what we long for.

That being said, I am human and am not perfect. Like many, when life happens, my husband and I both fell off the bandwagon for a while. Ongoing legal battles relative to our home have physically, financially, and emotionally drained us. We could see ourselves not heavily overweight but heavily over-burdened. Additionally, the uncertainty that has come as a result of the coronavirus has made such a major impact around the world and has also affected us personally. Losing family and friends that we love so dearly diminished our desire to train every day. My livelihood in the beauty industry came to a halt and the cash flow has stopped. Not knowing what tomorrow was going to bring is scary.

We've all heard the joke about stress adding 10 years; it's no joke! The impact of the stresses we experienced was an acceleration of the aging process and we were determined to turn back time. I made a change in my mindset; life has so much to offer and I have so much to be thankful for. I decided I am going to stay positive; I am still here, and I am healthy. I realize, I can be an example of what is possible. I can inspire women of all ages, and especially women over 60+. I am passionate about showing that you can be and look however you choose at any age. Fabulousness doesn't stop at 40 or 50, let's be forever young!

Initially, it was my husband that influenced me to enter the Gold's Gym Challenge, something we would do together, as a husband and wife team. Together, we knew we could dig deep and create the level of excellence that we desired because we could utilize the benefits of health and fitness to overcome life's challenges. That's the true transformation. Looking good, bringing the waist down from 29 inches to 25.3 inches is a side benefit. Finding balance by changing my mindset is what lifted my spirit and changed my body. I am determined to be the ageless lady with a timeless mind, and most of all, be an inspiration in the lives of others.

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