



SCOTT AND LAURA PRYOR

SCOTT'S STORY

I grew up playing every sport that I could, soccer, basketball, wrestling, baseball, and martial arts. I had 5 first place state championships, 3 in Greco Roman and 2 in Freestyle wrestling. After moving to a state where Wrestling was not as popular, Martial Arts became my primary focus. I joined the Marines after graduating and received a perfect score on my PFT (Physical Fitness Test). Physical fitness has always been central in my life.

During and after law school, I found that I wasn't finding the time to exercise as much as I wanted. I put on body fat and felt like I lost my mojo; I hated that feeling. Every time I went to the gym, I felt like I was trying to get in shape instead of keeping in shape. This had to change; I knew I had to break this cycle and the big change came when I focused on my passion.

I've always had a passion for film, and started my journey in filmmaking. I've always wanted to write and act in a fight film. So, I wrote a movie called "Blackbear". I planned to play the main character, Codey Blackbear. I was training, but without much of a plan. I received a wake up call one day when my wife turned to me and asked if I'd thought of casting someone else to play in "Blackbear". She knew I wouldn't be happy when I saw how I looked on screen. Talk about lighting a fire in me! Fortunately, through a neighbor, I met Steve and Rachel Payne with House of Payne Personal Training. When meeting with them, they said the magic words "just to tell us what you want to look like"; and together we created a plan to make it happen.

For training, I would begin my day with 45 minutes of fast paced stair climber, then lifting weights by super-setting without rest for one hour with Steve or Rachel. Then for martial arts, I was training with 8-time world Mui-Thai Boxing Champion Manu Ntoh for twelve rounds of Mui-Thai boxing pads and then sparring. And from there it was off to Brazilian Jiu Jitsu. My diet for Blackbear was six meals a day with 6-8 ounces of protein each meal including vegetables, limited carbs, and limited fats. Initially, I weighed 210 pounds and put on muscle topping the scale at 235 pounds. Once I put the muscle on, my trainers stripped my weight down to 195 pounds for the movie shoot. At least a 40-pound difference in weight but the difference in body fat is what really made the difference on screen.

For my next movie Tulsa, the physicality of the character of Tommy Colston was much different than Blackbear. Tommy Colston is a Marine biker, but addicted to pain medication and alcohol. We decided on a leaner look, but wanted to keep the muscle on. My workout routine was much higher reps and more cardio. We switched to a Macro-nutrient nutrition plan, where we tracked in great detail my protein, carbs, and fats. I went from 220 pounds at the start of my training for Tulsa to 184 pounds at my lowest point. I also lost 10 pounds during the shoot for my character's transformation during the film. This was actually easy to do since we were shooting in high ninety-degree weather wearing a black leather jacket and biker boots and jeans.

Both films won awards and have major distribution worldwide. So dream big dreams, work hard, and make diet and exercise part of your success story.

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LAURA'S STORY

My fitness journey has been on a curvy road. Having grown up on a farm, I'm intimately familiar with hard work. However, nutrition and fitness we're not part of our lives. My focus was always on getting a college education and finding a good job. My viewpoint changed when I met and then married a Marine, who was also an athlete his entire life. I saw the enjoyment he derived from sports and exercise, but I can't say that I understood it at the time.

Life, of course, got very busy. I worked full time as a Software Engineer and then had 3 boys, each by cesarean. As with most mothers, I struggled to lose the pregnancy weight. I started to exercise with the help of a trainer, and I modified my diet with the help of Weight Watchers. I would see degrees of "success", but then life would put stumbling blocks in place.

Unfortunately, most everyone in my family deals with some level of lumbar spine issues, and during one of my training sessions, I had a fall that triggered years of severe back pain. There were extended periods of time where I would have to work standing up, and had to modify my life to work around the pain. However, I didn't give up my fitness journey. My husband encouraged me to learn to swim so that I could exercise without putting a lot of pressure on my back. I fought him at first, but I came around and learned to swim with the help of YouTube. I ended up falling in love with swimming and still swim 2-3 times a week to this day.

I finally started to have some relief from the chronic back pain, but then I started to deal with chronic headaches which caused me to eventually stop my full-time job to relieve some of the pressure. Due to medications, I did see weight loss, but it wasn't a healthy loss. My life was more about existing than living. I then hit another roadblock when one of my 4 herniated discs ruptured, putting me in so much pain that I couldn't even walk. However, this ended up being a "blessing". I was able to have back surgery with cutting edge technology called a Coflex, which is an alternative option to Fusion. I experienced excellent results and pain relief from the surgery. My weight went back up, but my focus was again on other things.

Through our new neighbors, we met Steve & Rachel Payne, owners of House of Payne Personal Training. I started training with Rachel, who is an expert in the field of personal training. She understood how to customize my training around my medical limitations. Steve and Rachel were instrumental in helping my husband sculpt his body for film(s) we produced, so I had great confidence in their knowledge and abilities.

I continued to struggle to keep my weight down, but with everything going on in my life I wasn't in a mindset to focus on my diet. I would keep up with my workouts because it was part of my routine, but taking on something new was more than I wanted to handle. Often busy on a film set or with pre or post production, my excuse was always that I was too busy.

Then COVID-19 hit, the pool and gym were closed. I continued to work out from home, but it is hardly equated to my normal routines. My weight started going up even more. I finally realized that I was ready to make a change. I was familiar with following a Macros Nutrition plan from seeing Rachel guide my husband with his nutrition. And what better time to create a new routine than when everyone is stuck at home without many distractions. With the help of meal prep company Eat Clean Bro, I started to track and control my Macros, and started to see great results. I found that I felt better, moved better, and had more energy.

Discipline with my diet was the piece that was missing. I felt that I've eaten relatively healthily for years, but I didn't control it and would allow my emotions to affect what and how much I would eat. By watching my Macros, I saw the weight slide off. I was able to push even harder with my workouts, and see a markable body change.

I was so happy that I made a change for many reasons, but a big one was the Red Carpet Premiere of our movie "Tulsa", which released in theaters in this past August. It was great to be able to walk the carpet with confidence. Every day I continue my journey. It never happens overnight, and it takes commitment to see desired gains. I feel great and hope my story helps to inspire others. Just remember, you aren't in this alone. Seek counsel from people that are experts in their fields. If you do what they say, you will see results. I am a walking testimony of that. There is no "perfect" time to start a change. You need to make it happen now. There will always be roadblocks. Time will pass whether you exercise or not. Make a change now. You'll be happy you did.

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