



(cont.)

the spot by the Table Topics Master. Ahs, ums, ands, and other crutch words are counted by the Ah-counter so that the speaker can eliminate them next time. Grammar is checked by the grammarian. Everything is timed by the timer.

The final result is confident public speaking abilities for our PEP brothers. The transformation is amazing! However, there are added benefits to the Toastmasters program as well; Our classmates become closer and united as they cross yet another hurdle and conquer yet another fear together. The confidence transfers into personal growth in other areas of our lives. Our self-esteem is improved. We become better men—business or otherwise. Most men who become incarcerated also become very guarded and reserved with any new relationship—which can hinder future friendships and relationships, especially when this new characteristic becomes a habit. Many of us are learning a unique skill set that can be utilized in the workplace, but also re-learning how to be open and transparent. “This” has been the highlight of my journey!

“Toastmaster, fellow toastmasters, honored and distinguished guest . . . We are PEP and we conquer fears! We can, we will—we must!

-Bryan Gene A.

AKA “Munchkin”



# HEALTH & WELLNESS

Today I woke up much like most days now with wellness on my mind, but six months ago the term and life style was very foreign to me. I came here weighing 320 lbs. and now I am roughly 295 lbs. Thanks to Health and Wellness and a few choice individuals such as: Steven M., Julian R., and Michael G. The Health and Wellness program is a platform for men of all shapes, sizes, colors, backgrounds, and wellness levels to come together and work towards a common goal of well-being, not just physically but mentally and spiritually as well. Sad to say these are some things I really knew nothing about.

At 320 lbs. the world isn't such a happy place, if you know what I mean. Sometimes it's embarrassing and not easy to get up and work out in front of people. Thanks to this program and the people in it, I do so proudly and encourage other big men to get out there and do their best to get healthy.

You see, this class is more than just another recreation, it's a total transformation and a new lifestyle. It encourages individuals to not only diet and exercise, but actually live well with a positive attitude and outlook on hard work and dedication.

Running a mile was something I never thought possible, now I run it with ease. My new goal is three miles and I'm half way there. I could never do a single Burpee, now I do sets of ten! I was not able to do ten push-ups, now if you call a number, I'm getting them done! I didn't go to church very often, now I'm there four times a week. I once had a poor self-image and low self-esteem. Now, I have more faith and confidence than ever before! Thanks to Health and Wellness I believe in me and continue to develop a better me every day.



**-Michael C. (a.k.a. Charmin Bear)**

When I think of *health & wellness*, I think about the progression of mind, body & spirit. Most people identify it as just being healthy, but in actuality it's deeper than that. At first, I didn't fully understand the term *health & wellness*; I was like many who mistook it for some random workout program. However, I've come to discover that it is a way of life. This new lifestyle that I've adapted to, has helped me evolve into a brand new man; a man that is able to set goals and achieve them. One who is able to find balance and harness it in such a way that it is applied to life throughout each day.

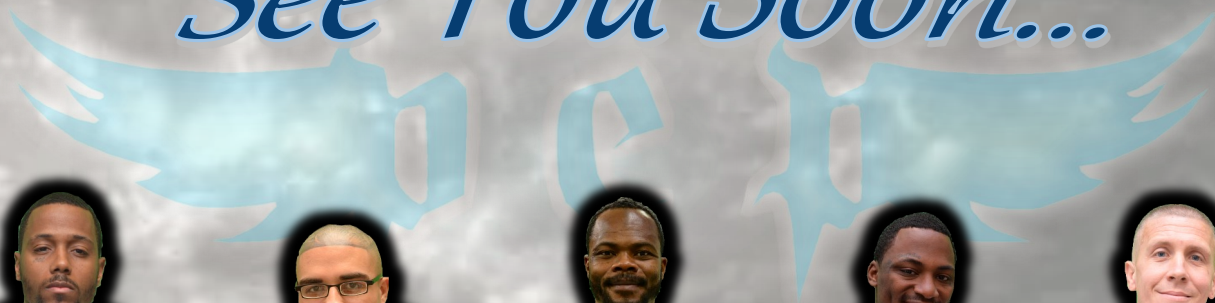
Since *health & wellness* started here at the Cleveland Facility, I have learned to build a foundation where the physiological and psychological awareness reside. This new lifestyle has made me mindful of my diet and overall health. It has taught me how to be more open-minded to new workout trends, as well as traditional workouts. Personally, I've become educated in many different areas outside of my health. People have come to notice me as a team-player, a leader, and a brother. It has brought me so much joy to have been able to be a part of something that helps contribute positive energy into each human being that allows this way of life to become a part of them.

If you ask me, I'd tell you that if you are looking for a deeper understanding of life improvement; then *health & wellness* is an essential starting point. Nevertheless, it doesn't become an end. It evolves with each person that has the persistence and the desire to become better in life. I am a better man because of this change. This is why I recommend health & wellness to anyone that wants to improve.



**-Alex P. (a.k.a. Tinky Winky)**

# See You Soon...



Darrell Collins



Valentín Trejo



Eric Royal



Reginald Jackson



Gene Sweat



Gavin Bernard Curl



Cassidy Cruz



Erik Pinkston



Nathan Rachal



Gerald Anderson

*Most people are like you and me, or the people across the street or around the world from you and me. Just like you and me, their hearts tell them that somewhere, somehow they can make a positive difference in the world.*

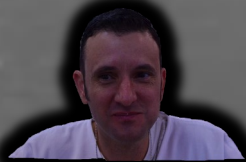
*-William Baker*



Jesus Garza



James Gaia



Jacob Farren



Woody Rodríguez



Andrea Bowers

# ...Farewell Brothers

"you are not here merely to make a living. You are here in order to enable the world to live more amply. With greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand."  
 -Woodrow Wilson

Execution

Fresh start

Love

Fun

