

James Kuch

Yeo & Yeo Goes *Red*



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Meet James

I am very fortunate to have a lifestyle that allows me the opportunity to be active seven days a week. I'm usually at Freeland SportsZone by 5 a.m. three or four days a week doing my routine of cardio and strength training. I usually lift for one hour and then run four miles before heading to work.

On the weekends, weather permitting, I try to run 10K outside and play pickup basketball for a few hours Sunday nights. In the winter, I play basketball for our Yeo & Yeo team at Center Courts.

Over the last two years I have really begun to view running as one of my favorite hobbies. I try to run a few races every year and I am planning on completing the Irish Double at the Bay City St. Patrick's Day races.

If you've spent any time around me, you probably know that I love food! I always have. Recently I began tracking what I eat as a way to help me focus on eating healthy. Sweets are my downfall, especially when my wife, Erin, makes cupcakes! I'm the guy who sneaks chocolate out of the cupboard and feels guilty about it. Although, I must admit, the guilt rarely stops me. Despite chocolate, and of course Erin's delicious cupcakes, I do eat on a schedule and try to focus on healthy foods during the work week.

Erin and I always try to motivate each other. Whether it's going to the Bay City State Park for a run or just walking the dog after work, we're really good about holding each other accountable and scheduling time to be active. She also bails me out by picking up slack at home so I can spend an evening at basketball or out hunting.



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What inspires and motivates you to be heart-healthy?

I get my motivation from a variety of sources but none more than the number 245.

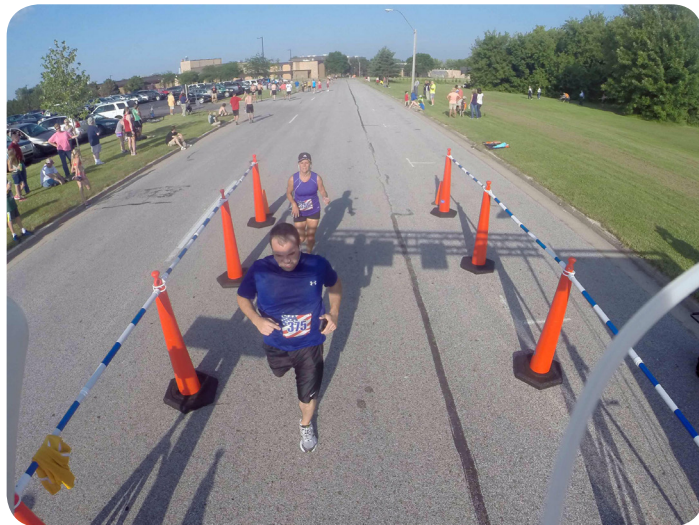
My poor eating habits and lack of discipline really took a toll on my body from age 17-23. By the time I was a college junior, I had reached the weight of 245 pounds. This is when I reached my highest point on the scale and the lowest point of my life. Simple tasks like tying my shoes and getting dressed were a burden every day. The only thing that made me feel good was a stop at the local Burger King and a Mountain Dew.

Eating was great! Until the bag was empty. Enough was never enough back then. It got to the point where I began to have health issues, like kidney stones. Once that happened, I first quit drinking pop, then gave up fast food chains. I haven't had a pop since 2008 and have not eaten at high calorie, low nutrition, fast food chains since 2009.

The biggest change was when Erin and I visited a nutritionist. That one hour visit *changed my life*. It was the first small step in the new direction of my life. We joined the SportsZone not long after that and the rest is history. Sometimes it amazes me to think about the days when I couldn't make it four laps around the track. Now I'm at four miles a day. I'm thankful for that number, 245, I'm also thankful for the amazing support of my family, friends and co-workers!

How does Yeo & Yeo support your healthy habits?

Yeo & Yeo is a sponsor of our Saginaw Township basketball team. It's really great to have the opportunity to compete every week in the winter with my colleagues. Yeo & Yeo Computer Consulting also has the best schedule — it allows me to work out before work and still have time to do activities with my family and friends after work.



James Kuch running the 2015 Cornfest 5K.