

App founder reveals how he lost 200 lbs

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Arya Farzin, co-founder of award-winning app The Fitness Games, announced today that his weight loss success is due to his strong support system. The Fitness Games pits friends against each other in timed, repetition-based workout challenges. Through diet, an intensive exercise regime of cardio and weight lifting along with emotional support Farzin lost the weight and became active in the health industry as a personal trainer and entrepreneur.

New York, New York - Arya Farzin, co-founder of award-winning app The Fitness Games, announced today that his weight loss success is due to his strong support system. Before becoming a fitness expert and trainer, Farzin weighed 365 lbs.

"After breaking dozens of chairs, having to shop at Big And Tall, and being diagnosed with Sleep Apnea, I decided to make a change, but I needed help," Farzin said. "Without someone pushing for me to succeed, I could still be that heavy."

Farzin lost 200 lbs after moving in with a relative who wanted to help him on his weight loss journey. Through diet, an intensive exercise regime of cardio and weight lifting along with emotional support Farzin lost the weight and became active in the health industry as a personal trainer and entrepreneur. He now maintains his weight at a healthy 190 lbs.

"Building out a system of active advocates is our way of paying it forward." co-founder Joseph Phillips said. "As personal trainers we know that nothing lights a fire under someone like competing with your friend over bragging rights."

The recent winner of the Fall 2014 Best Mobile App Awards for Best Yoga & Fitness Apps, The Fitness Games pits friends against each other in timed, repetition-based workout challenges.

Features:

- * Cardio, strength, full body and cross training challenges
- * Social feed to track challenges and fitness progress
- * Post videos and gym selfies to intimidate the competition
- * Overall rankings for local and international challenge winners
- * Cardio competitors keep you accountable with GPS tracking
- * "Create Your Own Workout" option for trainers and clients

Device Requirements:

- * iPhone, iPad, and iPod touch
- * Requires iOS 7.0 or later
- * 15.2 MB

Pricing and Availability:

The Fitness Games 1.2 is Free and available worldwide exclusively through the App Store in the Health & Fitness category. For more information please visit The Fitness Games online.

The Fitness Games 1.2:

<http://www.tfgapp.com>

Download from iTunes:

<https://itunes.apple.com/app/the-fitness-games/id893996467>

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

Download from Google Play:

<https://play.google.com/store/apps/details?id=com.ta.tfg&hl=en>

Image (Before and After):

<http://img.appular.com.s3.amazonaws.com/thefitnessgamesbandf.jpg>

Screenshot 1:

<http://img.appular.com.s3.amazonaws.com/thefitnessgames1.jpeg>

Screenshot 2:

<http://img.appular.com.s3.amazonaws.com/thefitnessgames2.jpeg>

Winner of the Fall 2014 Best Mobile App Awards for Best Yoga & Fitness Apps, The Fitness Games LLC makes health goals attainable through competition. Friends can challenge each other to heated cardio, strength and aerobic exercise while keeping track of their overall gains. The Fitness Games' easy to use technology is compatible with iPhone and Android devices. All Material and Software (C) Copyright 2014 The Fitness Games LLC. All Rights Reserved. Apple, the Apple logo, iPhone, iPod and iPad are registered trademarks of Apple Inc. in the U.S. and/or other countries. Other trademarks and registered trademarks may be the property of their respective owners.

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