

BACK FUSION PATIENT FINDS PAIN RELIEF WITH PERSONAL TRAINER'S HELP



LANA KELLER

"I just thought I had to live with the pain," she shared. That all changed when she met personal trainer and Fit4Lincoln owner Matt Priess. Priess guaranteed Keller that if she did the work she would see results, and she did. "He really wants to help people," she said.

Priess brought the avid biker back from a leg injury she suffered in an accident on Mother's Day 2013 and helped her slim down from a size 14/16 to a size 6 with a personal training regimen and MyFitnessPal, a weight-loss app. "I

went from a 46-inch waist to a 31-inch waist," Keller shared.

Working her core

She didn't think she could do what Priess was asking her at first – things like push-ups, sit-ups, burpees and box jumps. "He had a lot of patience," she shared. Priess incorporated modifications until she could do what he was asking. Prior to last fall Keller said she had tried to avoid anything that might hurt her back. "I thought I was helping my back by not doing these things," she said.

She learned that working her core was the key. Now Keller can swing kettle bells, drag tires down the alley and do several sit-ups and push-ups in a row. "A lot of it was her mindset," Priess said. "I would tell her 'Just try it'."

"I never thought I'd stick with it because it's hard work." Now she admits she's addicted to the boot camp-style workouts. "I like how I feel when I'm done." In addition to her personal training sessions she attends classes at Fit4Lincoln, like Zumba, yoga, and Fit@40.

'Obese to normal'

Keller, 58, wants to be an inspiration for others, no matter what their age, sex or injury. After 10 months working with Priess she is pain-free and has lost more than 50 pounds. "Before I was considered obese; now I'm normal," she shared.

**Written by Dennis Buckley - Star City Sports Editor - Apr 16, 2014*