

MOTHER OF TWO FINDS INNER STRENGTH



VALINCIA PRICE

It began with an invitation to a pool party last summer.

Feeling confident in a swimsuit was motivation enough for Valincia Price to begin her weight-loss journey. Over the next 10 months, the 41-year-old mother of two would accomplish more on her journey than she could ever imagine.

Amidst the multitude of fitness facilities in the Capital City, Price chose to enroll at Fit4Lincoln, located just north of 33rd & A streets. The facility is owned and operated by NCCPT Certified Personal Trainer and Marine Matt Priess.

"He has a lot of accountability," Valincia says of Priess. "He knows us by name and he knows us personally; we're all kind of like a family in there. He's not just your trainer, he's your friend."

The supportive, familial atmosphere has allowed Valincia and dozens of others to achieve their fitness goals and disprove the "life-gets-in-the-way" mentality that so many people in her position use as an excuse for obesity.

"She came to our gym with the goals of toning up and lowering her body-fat percentage," Priess says. "Thanks to her determination, she's made great progress."

Priess's motivation and encouragement has made such an impact on Valincia that she herself has become a certified trainer in the hopes of passing on his inspiration.

"I feel like already, I've inspired a lot of women my age who thought it was too late in life to work out and get in shape."

Fit4Lincoln offers everything from personal training, to group fitness, corporate wellness, youth fitness and team conditioning. They aim to combat obesity in Lincoln through these various programs and educate their members thoroughly on both exercise and nutrition.

"Some people are embarrassed to get started, but at Fit4Lincoln, nobody is judged. We're all shapes and sizes. It's never too late to start exercising."

On Sunday (May 4), Valincia completed the Lincoln half-marathon. She is now gearing up for a 12-month training regimen that will prepare her to compete in her first-ever fit competition.

**by Matt Hames / for Star City Sports May 6, 2014*