

FIT@50 HELPS GRANDMA KEEP UP WITH THE GRANDKIDS



KIM SMITH

Kim Smith had read enough Fit@50 success stories in Star City Sports to know the fitness classes for ages 50 and over could work for her. A future of enjoying her grandchildren was at stake.

"With four grandchildren (ages 2-13) and a fifth on the way, I wanted to get in shape and stay that way so I can keep up with them and enjoy them for years to come," says the 54-year-old Lincoln woman, whose job as a pharmacy technician at Bryan East Campus requires her to be on her feet most of the day. She knew the extra weight she was carrying was not good on her feet.

She liked the thought of working out alongside folks her own age in a non-threatening environment. She

called a friend, Sharon Schafer, and the women checked out a Fit@50 class at Fit4Lincoln, 1359 S. 33rd St. Curiosity quickly turned to commitment. With the success the two women have enjoyed in the past seven months, both have signed up for Run to Overcome, a 5k race scheduled Sept. 19 in Lincoln.

Seventh months of a three-classes-per-week schedule have left Kim more slender, and thanks to the nutritional counseling at Fit4Lincoln, she's eating more sensibly. Monitoring her consumption is paying dividends both on the scale and in her wardrobe. "I've lost nearly 50 pounds and I've dropped three sizes in my clothing," says the satisfied Fit@50 regular at Fit4Lincoln.

With the nutritional assistance of Fit4Lincoln owner/trainer Matt Priess, Kim checked out some recipe websites and chose a plan that calls for 1,200 calories per day. She chose a consumption ratio of 50% carbs, 20% protein and 30% fat. The results speak for themselves. She's within 10 pounds of the weight-loss goal she set when she started her program seven months ago.

Fit@50 is specially designed for folks age 50 and above and is a "tame version" of boot camp for people who are either just getting back into working out again, have a sensitive part of the body due to injury, are clinically obese, or just anyone who's shy about working out in front of other people. It is offered from 6:45 to 7:20 p.m. every Monday, Tuesday and Thursday. The schedule is a perfect fit for folks like Kim, whose job requires her to report to work in the early-morning hours.

**by Dennis Buckley / Star City Sports editor - Sep 3, 2015*