

FIT4LINCOLN PUTS RUNNER BACK ON PATH TO FITNESS



MADELYNE DUNN

A year of toning, training and trimming at Fit4Lincoln has made Madelyne Dunn feel pretty good about herself.

The 22-year-old Lincoln native is feeling better, looking better, and even sleeping better after 12 months of Fit Body Boot Camp sessions at Fit4Lincoln, 1359 S. 33rd St.

The 2011 Lincoln Pius X High School graduate says her life had veered a bit off path since her high school cross country and track years in Coach George O'Boyle's successful running program at Pius. Three years after graduating high school, she concluded: "I

was tired of being tired." A combination of work and school was taking its toll.

Madelyne resided near Fit4Lincoln, and after several years of driving by, she made the life-altering decision to drop in and check it out. Attending the high-energy sessions whenever her busy life would allow, the avid runner is back on track and in the groove. Sessions at Fit4Lincoln have made the runner feel like she's never missed a step. In addition, Fit4Lincoln set up a phone app that allowed her to become more conscious of her calorie intake.

The combination of workouts and proper nutrition also helped her look great for her wedding day on Aug. 22, when the former Madelyne Penkava became the wife of Trevor Dunn.

"Matt has been very supportive and understanding," Madelyne says of personal trainer Matt Priess, who owns Fit4Lincoln and the new North Lincoln Fit Body Boot Camp gym in the Belmont Plaza, North 11th and Cornhusker Hwy.

"Even when I've had a long day at work, he's been there to pick me up," testified Madelyne, who juggles a schedule of work at ServiceLinc and classes at the Lincoln Campus of Doane College, where she's on course to earn a degree in human relations next year. In her precious spare time, she's also developed a home-based business called Mirror Mirror Photography, shooting family portraits and senior pictures.

Rigorous training at Fit4Lincoln has made her feel like she's never missed a beat. She's run half-marathons in Papillion and at a BryanHealth event, and is planning additional races in 2016. She was a member of the varsity cross country team at perennial power Pius X and a distance runner in track.

**Written by Anne Blankenbiller / for Neighborhood Extra - Apr 14, 2016*