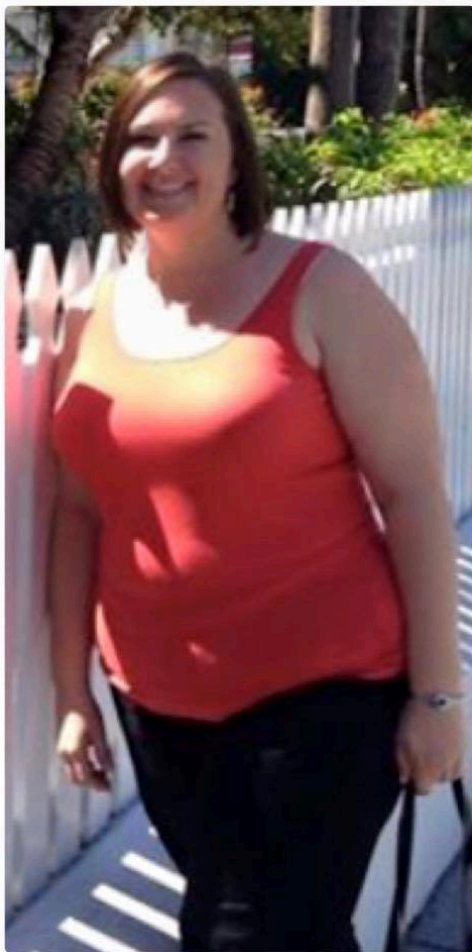


# WESLEYAN MUSIC INSTRUCTOR SINGS PRAISES OF FIT4LINCOLN



## AMY SPEARS

Amy Spears, a music professor at Nebraska Wesleyan University, is singing a much happier tune since she's discovered Fit4Lincoln.

She always acknowledged the importance of exercise, and went through the motions during her years of running 5- and 10-kilometer races, but the experiences left her unfulfilled. Exercise seemed like work, and she wasn't seeing the results as quickly as she'd hoped.

### New address, new life

That all changed after the Alabama native completed her doctorate at Florida Atlantic University in Boca Raton, Florida, and embarked on a nationwide job search.

A change in address was about to change her life.

The job hunt took the educator to Lincoln, where she joined the faculty at NWU last August. A month after moving to town, she looked for a gym that promised more than just a workout. Amy wanted a lifestyle change, a program that would hold her accountable, track her progress, and help her adjust her eating habits.

She found all of those lifestyle changes and more at the gym just north of 33rd and A streets. She signed up for a six-week introductory plan last September and embarked on a road to better health.

She's found the workouts to be spirited and fun, but getting help with changing her eating habits has been the proof in the pudding. Today, the 35-year-old woman is 26 pounds lighter, thanks in part to the nutritional counseling from Matt Priess at Fit4Lincoln.

### Changing old habits

"I hate cooking," she confessed.

Frequently eating out led to a lot of fast-food combos dripping with calories. Priess tracked his client's eating habits and suggested online sites filled with healthy, simple-to-fix recipes. Amy found herself eating lean chicken and turkey, and consuming lots of vegetables.

"I've cut down on the alcohol, and reduced the sugary desserts," she shared. "I've learned to skip some happy hours, and when I do eat out, it's healthier options like Boston Market and Subway," she said.

Faced with a 1,400-calorie goal per day, she's making it work thanks to healthy choices encouraged by her trainers at Fit4Lincoln. And the tale of the tape has illustrated her success. She lost 13 inches during a six-week period ending in late May.

*\*Dennis Buckley / Star City Sports editor Aug 6, 2015*