

BUSY MOM'S DAY STARTS AT FIT4LINCOLN



KAT DIEZ

To say that Kathryn ("Kat") Diaz's plate is a little full is an understatement.

You might say that anyone who gets up by 4:20 a.m. to catch 5 a.m. and 5:30 a.m. classes at Fit4Lincoln Fit Body Boot Camp, then drives to Omaha for a demanding job in inside sales, is burning the candle at both ends.

If you can wrap your arms around this single mom's schedule, and factor in raising two teen-agers, ages 14 and 13, you have a pretty good idea of the life of this middle-aged mom.

It would be easy to hit the snooze alarm before hitting the bricks and heading down Interstate 80, but the 38-year-old Lincoln mom likes what she's been seeing in the mirror lately, and she attributes it to her morning workouts at Fit4Lincoln Fit Body Boot Camp.

The success story started last year, when she took the leap and enrolled in Fit4Lincoln's six-week challenge at the fitness center north of 33 rd and A streets. Her goal: meet the Challenge's criteria of lowering her body-fat percentage

by 6 %. At the end of the rainbow was a pot of gold: a \$500 incentive.

Six weeks later, the tale of the tape revealed a trimmer, slimmer member: her body-fat percentage was 5.7 percent lower.

"I nearly hit the incentive, and I could see and feel the results," she reflected. She not only welcomes the results, she loves the welcome she receives when she arrives at the gym to start her day.

"It's a close-knit community of trainers and regulars who really do watch out for each other," said Kat. "If you miss as much as a day or two without telling them in advance, they follow up to make sure you're OK."

When her kids' activities created a schedule that made it easier to switch gyms, she prepared to adjust to a new life and a new gym.

It just wasn't the same. Two weeks later, she was back at 1359 S. 33 rd St., reunited with her extended family.

"The friendly environment I enjoyed at Fit4Lincoln was just lacking at the other gym," said the fitness enthusiast. "I hated to be gone, and am glad to be back. Hitting the gym before reporting for work has become a way of life for me, at least four days per week"

The exhilaration stemming from a good workout seems to linger long after Kat leaves Fit4Lincoln and heads down the road.

In an April 10 phone interview, Kat proudly reports she's gained muscle mass and has gone from a size 18 to a size 10.

On the nutrition side of the ledger, cutting back on carbohydrates and eliminating soda pop have helped. A more disciplined approach at mealtime could lead to even faster results, Kat admits.

"Sometimes, life gets in the way," she says with a laugh. Between tailgating and other special occasions, she knows when she's wandered beyond the boundaries of sensible eating.

"What I had had hoped to lose - and haven't yet - is not their fault," confessed Kat, who does her weekly meal planning on Sunday. "There's a structured diet plan they've developed for me, and it's up to me to follow it."

**Written by Dennis Buckley / for Neighborhood Extra*