

# EXERCISE CLASSES HELP BUSINESSMAN DECOMPRESS



## FRED FROST

Fred Frost did not fit the description of the typical first-time visitor to the North Lincoln Fit Body Boot Camp.

The 41-year-old Lincoln businessman wanted to lighten his load, but it wasn't necessarily pounds he sought to shed: He wanted to reduce his work-related stress level.

He sought an outlet where he could constructively unload after a long day at work.

Expecting to be intimidated by the unfamiliarity of a new gym, he scheduled his first visit in January of this year and was greeted with warmth and acceptance. Worries of wandering aimlessly from machine to machine were replaced by trainers -- and members -- who went out of their way to make the new guy feel at home

It wasn't long before he found himself paying it forward, giving new members the same kind of welcoming treatment he'd received. Six months after deciding to give the gym a try, Fred remains a workout regular at the northwest Lincoln gym, stopping by the facility at North 11th and Cornhusker Highway after his day at the south Lincoln Sam's Club, where he's been general manager for the past two years.

"The weight loss has been nice," says Fred, whose 177-pound frame is 27 pounds lighter than it was before discovering the gym, "but I was really in search of relieving stress after a long day, and it's worked. The owner (Matt Priess), the trainers and the members make it an enjoyable experience."

The discovery of the gym came during a leave of absence he took from work between mid-November 2016 and Feb. 1 of this year. The gym's life-changing effect has also impacted his eating habits. Taking advantage of the gym's nutritional consultation, he's dumped his fast-food lifestyle for a pattern of wise nutritional choices.

*\*Written by Dennis Buckley for Lincoln Journal Star - Aug 1 2017*