

# GOING FROM WEIGHT-LIFTING TO AN UPLIFTING WORKOUT



**CHRIS WALTERS**

Chris Walters didn't need a fitness specialist to tell him he was out of shape.

He did, however, need one to help him get in shape.

When a simple walk began to drain his energy level, he knew it was time to take charge. Seeking to increase his core strength, decrease his weight and improve his general conditioning, he dropped in last November at Fit4Lincoln, where one of his friends was teaching classes. He quickly discovered that the group motivation at the gym far exceeded anything he could experience on his own.

The intensity level of the Fit Body Boot Camp classes was challenging - and rewarding. He liked the class setting and the feeling of being part of a team.

"The group motivation there is great," reflected the 24-year-old Lincolnite. "It's nice to receive encouragement from not only my instructors but also the members working out alongside of me. I feel obligated to not only show up but to do my best, because I don't want to let down the team."

Chris also likes how Fit4Lincoln classes feature a variety of workouts. "I'm going to the gym on a regular basis, but I don't feel like I'm stuck in a rut ... they like to mix up the workouts."

In the past, Chris had lifted weights, but he never experienced something as "uplifting" as this. And as his condition improved, so did his endurance. Two months after his first class, he found that his improved

energy level had reached a point where

he could take back-to-back, 30-minute classes, at 5:30 a.m. and again at 6:05. His schedule of 2-to-3 gym trips per week has been ramped up to 4-to-5 per week.

His improved condition allows him to stay on top of his hectic schedule, and to have something left in the tank at the end of the day. He works 45 hours a week as an assistant manager at a grocery store in Omaha. He juggles that commute by taking 14 credit hours at the University of Nebraska-Lincoln, where he's scheduled to graduate in May with a major in Industrial Leadership.

In just four months, he's trimmed 35 pounds from his 245-pound frame and dropped a total of about a dozen inches. He aspires to drop another 15 pounds.

*\*by Dennis Buckley / Star City Sports editor Feb 13, 2015*