

WOMAN'S APPROACH TO HEALTHIER LIFESTYLE STARTED AT FIT4LINCOLN



KARLEEN KUSTABORDER

Life changes led to weight changes and borderline obesity for Karleen Kustaborder of Lincoln.

Major losses in her life – her job, her marriage, and her father - created a pattern of overeating and inactivity. Taking the initiative to improve her conditioning was easy to put off, but a long look in the mirror led to some soul-searching and a plan of action.

"I remember peaking at 203 pounds at Christmas in 2009 and thinking, 'I've got to do something.' I knew that nothing good – such as diabetes and high blood pressure – comes from being overweight."

She looked at her eating habits and began to exercise portion control. That led to a loss of 7-to-8 pounds per year, but the inches were still there. Karleen had come from an active background of running, soccer and swimming, so she'd experienced the feel-good benefits of a regular exercise program.

She needed some discipline ... and she found it three blocks from her home, at Fit4Lincoln, 1359 S. 33rd St. She enrolled in the Fit Body Boot Camp classes there in May 2014 and got immediate results. She lost 15.5 inches in the first six months. She weighs 165 pounds today, having dropped nearly 20 pounds in the last year.

She hits the gym four days per week, mixing it up between mornings on Mondays and Fridays, and evenings on Tuesdays and Thursdays. She runs and jogs on days when she's not in the gym, and carries a pedometer to track her daily activity. Her job as

plumbing department manager at the QP Ace Hardware store on South 27th allows her to rack up a surprising number of steps.

"I knew I needed to get in shape because I want to be around to help my mom, my son and my grandchildren," says Karleen, a 1983 Lincoln Southeast High School graduate. She retired in 2006 after 23 years in the U.S. Navy, having reached the rank of Hull Technician Chief.

"Getting in shape was really a pretty simple combination of eating in moderation and exercising regularly," she said. "Fit4Lincoln gave me the discipline I needed to get it all together."

**by Dennis Buckley / Star City Sports editor Jun 4, 2015*