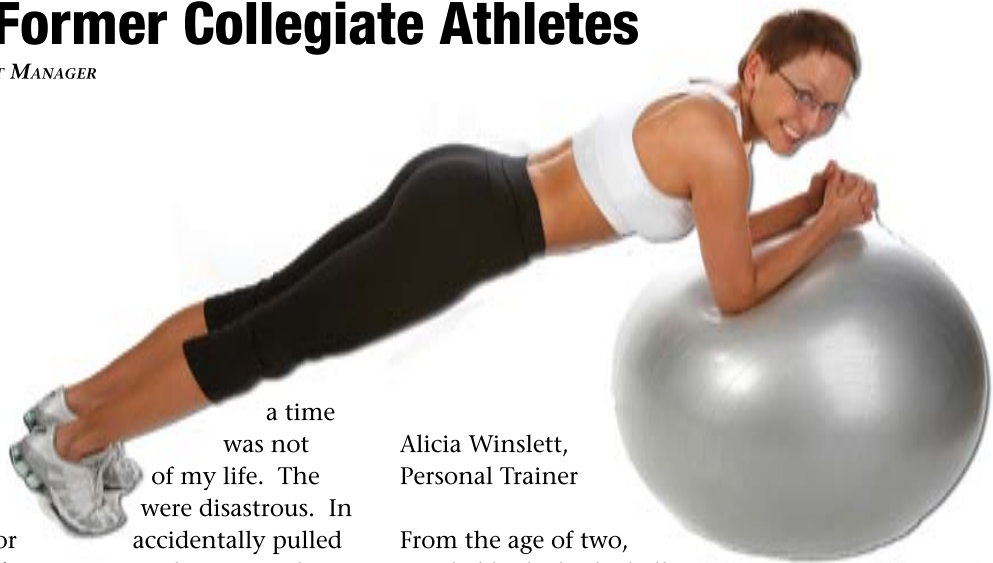


# Personal Fitness Experiences From Two Of Fitness Together's Former Collegiate Athletes

By *CHRISTY FRITCH, ASSISTANT MANAGER*



I cannot think of a time when fitness was not an integral part of my life. The first few attempts were disastrous. In gymnastics my instructor accidentally pulled my pants down while lifting me up to the uneven bars; let's hope that video does not resurface. Softball ended with broken glasses and a black eye, and in volleyball I wanted to kick the ball instead of hit it. When a soccer ball finally found its way to my feet, I found my first love. My second was cross country running, and I began to run everywhere.

Sports and fitness are much more than just weight management. They helped me develop my social skills, enhanced my self-esteem, and taught me to believe in myself. I realized that I had a great deal of control over my health, and as I got older, I soaked up every ounce of knowledge that I could in reference to nutrition, endurance training, weight lifting, and whatever sport I was currently involved in. Athletics even allowed me to attend a private university and to compete as a collegiate athlete in rowing at a national level.

For my profession, I chose my passion. Personal training allows me to stay connected with the world of fitness. Transitioning to a full-time job has not been easy on my fitness routine. Now that I do not have twenty-five other teammates counting on me, making time to work out is tough. My preventative measures include road cycling, as well as committing myself to riding with buddies three mornings a week.

Consider your health from a point of view not involving a scale. Rekindle a fire inside of yourself by choosing a goal based on what you might consider a physical limit, and it will undoubtedly be rewarding. Helping my clients to believe in themselves is very important because I know how gratifying the feeling is.

Alicia Winslett,  
Personal Trainer

From the age of two, my dad had a basketball in my hands teaching me the skills of the game. From that point on, fitness and sports played a huge part in my life. At the age of five I joined the YMCA boys' basketball team. I worked hard to prove I could play with the boys and finally gained respect when I showed them up in a game. I learned that exercise was very important because I was happy and I had so much energy. I ended up playing basketball all through high school, joining the varsity team my sophomore year.

Along with basketball, I added softball to my routine in middle school. Then in high school, my softball coach started a golf team. I decided I would play for fun, but I fell in love with it. Golf workouts were strenuous because we focused on balance and strength. Later, I realized that, along with strength training and balance, "cardio" was also needed in my daily workout. The older I got, the slower my metabolism became, and I started noticing how important cardiovascular training was for me to have more energy and to burn calories. Now whenever I fall off my fitness routine, I long for the energy and satisfaction I got from a good work out.

Christy and I both wonder where we would be right now without sports in our lives - we do not want to know. The benefits are outstanding, mentally and physically. At Fitness Together, we love to share what we have learned with our clients and help them to achieve their goals.

*Call us for a complimentary session at 954-491-7988  
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