

I met Jenn Lockwood shortly after joining Oxford Athletic Club in 2005, from the constant encouragement of my son. Unable to attend the group classes offered by the club I realized I needed the assistance of a trainer. I had been active in sports (volleyball and track) growing up and had enjoyed outdoor activities (biking, hiking and rafting until I had kids). Most of those I had given up entirely, due to a series of auto accidents (5 in 7 years), life changes, working 10-14 hours a day and being mom to two active boys. I knew I needed the guidance of a professional to make sure I didn't aggravate the problems I had with my back and joints. I had already had to change careers because I physically could no longer do the work I loved. I worked for 15 years as a Pastry Chef and was lifting 35-50 lbs buckets and bags all day and standing 10-14 hours daily on concrete/tile floors. At 33, I started losing the use of my right hand, and I am right handed. I had injured the right rotator cuff which caused problems with the muscles and nerves in that hand. I had been to doctors and neurologist with no results. I had a great chiropractor who met me two-three times a week to tape my shoulder and hands so I could work. At that time I was taking 12-20 ibuprofens a day, just to keep working. His analysis was that my joints looked like someone much older than my age. At his suggestion, I found another line of work so that I could keep some quality to my life.

I switched from being active, walking and running stairs at the locations I worked to sitting in an office all day. I wasn't feeling well, not eating right and I was told I really needed to slow down. Over the years I did less physical work (professional) but enjoyed walking and gardening. I started working out with Jenn in private training sessions at Oxford Athletic and lost 25lbs and was even participating in outdoor adventures. I managed a 7 mile hike at the coast. I continued my training and moved to Beaverton shortly after Jenn went on maternity leave with her first son, Kegan. I thought I would continue my workouts but I let life and work get in the way. I quit the workouts and started not feeling well and gained back the weight I had lost. I knew I needed to get back to having a fitness plan in my life. I contacted Jenn after finding her PEAK fitness NW business card and started a plan. Shortly after beginning, I was in an auto accident #6 (okay, I do not hit people I magically attract cars to drive into mine) I was technically okay just a bunch of bruises on my feet (it took 2 weeks before I could wear shoes again) and pretty banged up. X-rays showed that I have bone degeneration in my spine and I've lost about 30% of my mobility due to the number of accidents and multiple injuries.

I resumed training with Jenn six months after I heal from this round of accident trauma. I didn't live close to where she was teaching classes so I worked out with her at my home once a month. The difference in my mobility and health is huge since beginning my fitness program. Jenn started me slow and has pushed me over the years to keep getting stronger and more fit.

Along with car accidents I also seem to be talented in spraining my ankles and knees. I have sprained my ankles so many times the tendons and ligaments in my leg hyperextend. The last time I had a major problem I could not stand up in the mornings without hanging on to the bed and the dresser to walk. It took me 10 minutes each morning to get my foot to hold my weight. If I was going to be walking or standing for long periods of time, like grocery shopping, I had to tape my arch and foot in place and I would limp when walking. I did this for two years. My muscles would let my tibia slide forward and causing my arch to collapse. I was having a lot of severe pain and again was slowing down on the exercising. I told Jenn what was going on and what my chiropractors and massage therapist had told me. Jenn gave me some exercises for strengthening my arches and exercises she uses in her ski conditioning class. I had huge improvements. Last winter I signed up for Ski Conditioning in Lake Oswego, close to my work. No I do not ski, however, after the first two months I quit taping my foot and haven't since. This class was the best thing I have ever done and I continue to go on Thursday evenings. Yes, sometimes the weather is extreme but I always enjoy feeling great afterwards and that I actually survived.

I also love the online challenges and the Thinner Winner contest. I really need short term goals to help me stay fit. I have found for me that I need someone else to compete with and to hold me accountable. I will go do my cardio or weight training when I'm tired if I know not doing so will let my team member down. Otherwise I let myself talk me out of it – something I am working on. In addition, I love the boot camps or Saturday workouts downtown. It's great to see if I can survive them better than the previous time. I usually feel really good afterwards and come home to a household just getting out of bed, it really is a great feeling of accomplishment.

Have I met my goal weight yet, no but I have continued to work on my fitness level and nutrition. I have a plan set for the next four months and will reach it soon.

I now walk my dogs without being winded. Three years ago I could only make it about half a block before I was breathing hard. Today I can walk three miles in 45 min with no problems. I've started jogging, small amounts and working on increasing the distance.

Jenn's always reminding me I'm stronger than I think. I try things now and see how my body responds. I'm just beginning to explore the possibilities of where I will go and what my next challenge will be.

I love that when I want to try something new or work on strengthening a different area of my body all I have to do is ask Jenn and she restructures my fitness program to help in that area. She does this in her classes, too. When someone mentioned they didn't want to see their underarm waving we did a lot of TRX training for our arms. If I have a physical problem come up, we talk about it and revise my plan until I've recovered and continue with my fitness training. I also love the nutrition information she passes on along with the reminders of keeping our lives in balance.

Exercise and eating health is something I will always do; I will always work at staying fit. I have learned with the injuries that there may be no reversal of the mobility I have lost but staying active will slow down or halt the progression.

I love working out with Jenn because of the variety she offers and the constant encouragement to set goals and push myself to do better. In the last year, I feel better than I have since I was in my twenties. I have seen big improvements in my health and over well-being. I'll be 47 in a few months and am looking forward to finding more things to enjoy in the future – such as making my husband and sons keep up with me.

BECKI GARROW

Jenn has been very motivational, informative and knowledgeable to me. She's taken my exercise regimen to a whole new level. Without her, I wouldn't have achieved my results thus far and probably would have given up a long time ago. Jenn has been great, and very supportive of my efforts with the bodybugg program. Personal Training with Jenn has kept my training programs fun and interesting. Jenn helped me stay motivated, taught me the proper technique and celebrates my success. My health has definitely improved, lowered my cholesterol and resting heart rate. The changes have been remarkable. Goals: Lose 26-50 pounds, gain muscles and continue to improve my nutrition. Exercise Program: Becki, blue jacket

- Workout 5 days/week
- a long run 6+ miles on the weekend
- Fun Runs
- Nordic Walking 1x/week
- Stretching 1x/week
- Weekly personal training sessions

Results:

- 38 pounds lost
- -48.74 inches
- -11.3% body fat reduction
- 5 Clothing Sizes!

Seeing the results I've had, the weight and inches I've lost is still amazing to me – I know I can continue to lose the weight. These results fuel my motivation. I've learned how important nutrition is; how to incorporate exercise and movement and diversity of exercise into my daily life.

NORMA SCHAUERMANN

Training Goal: Complete the Haulin' Aspen Trail ½ Marathon Training, 13.1 miles Game Plan: Walk/Run, 3 days/week Accomplishments: Successful completion of the ½ marathon with a time of 2 hours: 37 minutes = 12 minute/miles. All while planning for her daughters wedding in San Diego! Trainer Comments: Norma was a TROOPER! Norma enrolled as a member in May of 2005 with the goals of losing weight, toning muscles and increasing her endurance. What perfect timing – we had our ½ Marathon Training Program starting up. Every week of her 9 weeks of training, Norma showed up a little hesitant about her ability to accomplish that days running goal – and she completed every workout SUCCESSFULLY! Prior to training for this ½ marathon – Norma had only completed a walking ½ marathon and in 9 short weeks she finished with a 12 minute walk/run time – some people can't run that fast! Norma was a great inspiration for me – she completed her training tasks even with her daughter getting married in California and finding out that her and her husband had another wedding to beginning planning – 3 children getting married within a year of each other. It was so exciting to see her cross that finish line running– and to have her husband, Craig be so supportive and encouraging of her the entire time.