

Bethany Lombard

People say Personal Training is expensive, but to me knowing how to exercise properly and get healthy far outweighs the cost.

What was your goal?

I want to be able to go into the Gap and buy a pair of pants or a shirt. I am working toward that goal and I am close. I've already dropped a dress size in two months and I feel I look different. I feel more vibrant and look happier!

What would you say to someone who said they had no time to workout?

Look for opportunities to create time. I went to my boss to ask if I could come in earlier and stay later so that I could fit my workout in. My boss was so excited and 100% behind it because he knew it would make me a better employee.

How has your attitude toward the gym changed since Personal Training?

Personal Training for me focused on things that would make a difference. Rita started me off with an eating plan, then we added exercises. I wouldn't workout the way I do with Rita on my own...I would start and then give up. So I need accountability and structure. Now I go to the gym 5 - 6 days a week because it's FUN! If you had asked me two months ago if I would go to a Legs, Butts & Guts class, I would have thought you were out of your mind. Now I like it!

I love the BAC. I've never felt like I wasn't qualified to be here. I always felt no matter what my level I would always find a place in the club.

