

## Mother of 3 Livin' Up 2 Her Full Potential!



**Lani Best** is a true success story and an inspiration to mothers and fitness aspirants in Marysville! I interviewed her so that others can learn from her success.

Julie: How much weight have you lost?

Lani: **I've lost 55 pounds including "baby weight" since December.**

Julie: What was your biggest motivator to embark on a new fitness program?

Lani: My motivator this time was that I am not having any more children and I wanted my body back. During the third pregnancy I gained more weight than the other times.

Julie: How many children do you have? How do you maintain focus and schedule with kids and working full-time?

Lani: I have three children now, who are 5 years, 3.5 years, and 7.5 months. I talked to my hus-

band to get him 100% behind me. I put my workouts first priority in my schedule behind work. I can wash clothes, clean the house and dishes anytime. I made it a priority.

Julie: How has having accountability with a trainer &/or group classes helped you?

Lani: It has been a tremendous help. The biggest thing has been the strength training, giving me the strength, muscle, and definition. It also gives me accountability for at least 3 times a week. It helps me to set realistic goals. When I cannot make class, I can come to the weight room and do the exercises on my own, so I never miss.

**"The easier you make it to grab food when you head out the door, the easier it is to stay on track."**

What has been effective keeping you on track?

Lani: **There's a lot of things actually.**

Setting a goal is important. I picked a number to give me a long term goal to go for. I gauged my progress by clothing. **That's very motivating.**

The next thing is diet, because there *is* a lot of will power and sacrifice involved in it, is to have stuff ready. **Don't wait until that**

day to get food. Go to the grocery store get your vegetables, cut them up, and put them in containers. Grill all of your chicken breast for the week.

The easier you make it for you to grab the food when you head out the door, the easier it is to stay on track.

Stay off the scale. **Don't get on the scale every day.** As women our weight fluctuates quite a bit. I mean you obviously want to know your progress, **but don't be jumping on the scale every day.**

**You've got to push yourself!** Keeping a journal helps, especially in the beginning. It helps you remember.

Switching things up, jogging, do the elliptical, do the bike, and take it outside.

**This is ALL great advice from Lani, and YOU can do it, too!**

 Julie Rengert  
Ph.D. Candidate

To see Lani's full Interview Video, visit:

[www.5alarmfitness.com](http://www.5alarmfitness.com)  
**click on "what-we-do"**

