

## Healthy Hall of Fame

### KyMBERLY Gensman – Student and student worker – Spring 2017

**Inspiration for Change:** When Kym tested positive for the BRACA 1 gene (breast cancer genetic marker), it was a wakeup call for her to make some healthy changes. Her mother had breast cancer and Kym knew that she wanted to see her youngest son (age 6) graduate. Kym, who is a student at LCC pursuing her AA/DTA with plans to transfer and graduate in Athletic Training, knew she needed to make significant changes to her lifestyle. Kym has taken what she calls “baby steps” towards her health and fitness goals starting about 2 years ago. She started with cutting out soda, then several months later added walking, then cut meat out of her diet two nights per week, and this January included running and strength training. Now, Kym works at the LCC Fitness Center and helps others with working out and reaching goals.

So far, Kym has lost over 100 pounds. Just by cutting out the added sugar (mostly from soda) she dropped 30-35 pounds.

**Current Work out and Eating Plan:** On Tuesdays and Thursdays, Kym helps others in the Fitness Center and also runs on the treadmill for 30 minutes. On Mondays and Wednesdays, she teaches a fitness class and works out afterwards with another 30 minute run, and light weights. On Fridays, Kym focuses on strength training for 2 hours.

For her eating habits, Kym focuses on portion control, eating every 2 hours, and not eating junk foods. Her meals are smaller than before and she doesn't allow herself to eat while studying or watching TV. When she goes to a restaurant, Kym asks for a to-go box ahead of time and puts half of the meal in it to save for later before she even starts eating. She eats lots of veggies and salads. She drinks tea and water (no cow's milk). She has a favorite protein shake of peanut butter, oats, flax, meal replacement, and soy milk. Kym stops eating 2 hours before bed. She has “Meatless Mondays” and “Fleshless Fridays” to focus on eating more plant-based foods.

**Sticking with it:** Being able to be more active with her two sons (ages 16 and 6) motivates Kym to stick with it. She can play with her kids and is happier than she was before. Her new routine has become a habit now and she doesn't see herself going back.

*Her next goal?* Is to run 1.5 miles in 13 minutes and also to get her weight down to her next goal, which is 14 pounds from where she is now.

**Words of Wisdom:** Take “baby steps”, Kym says, “it has to be baby steps”. She adds, “do it for you at first”, not for someone else. “Ask lots of questions. Question everything. Question fads.”