

Ashley Bromley

Business Student (will complete Spring 2017)

Healthy Hall of Fame: Fall 2016

The Start: In her youth, Ashley was always active. After having a child, she accumulated some unwanted weight. Her determination to be fit again helped her to loose over 50 pounds! She had originally lost 70 pounds, but a knee injury set her back a little. She never stopped trying even though she was in a lot of pain. Now that her knee is healed, she is back on track.

Goals: Ashley sets multiple goals at once using a progressive style. She sets long and short goals and with each goal, she becomes stricter in her exercise routine and diet. Currently, she has less than 20 pounds to reach her ideal weight, but plans to continue with her exercise routine and eating habits to maintain a healthy lifestyle.

Fitness Regimen: Ashley has a solid workout plan and attends two gyms: LCC's Fitness Center and one by her home. She spends two days a week on arms, two days on legs, and cardio every day. She loves body building and lifting weights!

Diet: Her eating habits are similar to the Paleo diet. Her daughter is allergic to dairy, eggs, and corn so her family doesn't eat any processed foods. She eats high protein foods and stays away from carbs.

Motivation: Ashley's daughter was her biggest motivation for healthy changes. She loves to take her hiking and get her outdoors. Ashley was limited in the amount of outside experiences she had as a child, and wants to make sure she can take full advantage of those experiences and memories with her daughter.

Tips: Her motivation to stick with it is also her advice for others. She says, "You don't want to give up because it's easier to keep going than to start over!" Ashley also notes the importance of using a trainer at the gym. It can be easy to get hurt if you don't use the equipment properly and trainers are there to teach and motivate you.