

Healthy Hall of Fame

Brittany Brooks

Student

Spring 2018

Healthy Changes:

Brittany never really liked exercise even when she was younger. She had her daughter a little over 2 years ago. In the Fall, when she started school at LCC, she would walk by the Fitness Center every day and tell herself she needed to try it out. Fall quarter was stressful; she was anxious, and that took a toll on her emotions. The beginning of winter quarter, she took a leap and went to the fitness center. She began by running, jogging, and walking on the treadmill. She was nervous to be there because she felt like she didn't know what she was doing. She stuck with it though and began to see results. It was something she didn't expect, especially so quickly. She has lost over 30 pounds and several inches from her waist. She feels good. Her stress and anxiety levels have been drastically reduced and exercise has helped her to feel better than she thought possible.

Brittany's Goals:

Brittany's primary goal was to drop the initial weight gain after having her daughter. Now that she's achieved that, she is working on strength training. She doesn't focus on how much she weighs though.

Brittany's Workout Plan:

Brittany is in two fitness classes. Two days a week she has yoga and two days she has weight training. She also works out in the fitness center 3-4 times a week. Her main focus areas are the abdomen and hips. When on the treadmill, she will spend about 40 minutes walking while increasing the incline every minute until

reaches the highest stage. Then, she will decline every minute. She will do planks for 10 minutes (30 seconds up and 30 seconds down).

Eating Habits:

Brittany drinks a lot of water and eats small meals or healthy snacks, including fruit, nuts, granola bars.

Brittany's Motivation to Make a Healthy Change:

Brittany wants to be stronger and more active. She's always been confident despite fluctuations in her weight.

Sticking With It:

Getting results and seeing the changes in such a short period of time is what helps Brittany to "stick with it." It makes her feel good and she's sleeping better at night.

Words of Wisdom:

Brittany's advice to those who are wanting to make healthy lifestyle changes is to stick it out. She says that those first couple of weeks are hard but the results will motivate you. Brittany advises to make your workouts reasonable for you. If that means a 30 minute walk, that's 30 more minutes of activity you didn't have before.