

**Sweat Life Fitness Member Spotlight: Mariah Spengler.**

Mariah came to us about six months ago for assistance with her exercise program. She was already working out and trying to eat healthy – but her results were minimal. Her routine needed a change; but she was not sure what to do about it. We met for her Initial Consultation and Physio-Graph Analysis...and the results speak for themselves!

About Mariah: She is a happily married, hard working mother of two young children. She is a real estate agent with Keller Williams, a Mental Health Counselor at the University of Florida, and the owner of Go Gator Green in the Haile Village Center. She is very busy – just like many of you.

*Below is an excerpt from a question & answer session with Mariah. Enjoy!*

**MARIAH DROPPED 4 SIZES AND 18 POUNDS OF FAT!**



**What changes did you make to your exercise routine?** First, and the biggest change for me, was regulating my nutrition. I would often go too long between meals or eat too much at one time (even though I was eating healthy foods). Dan measured my BMR (Basal Metabolic Rate) and created a program for me based on my body's needs. I am actually eating more calories than I was before – I am just timing my meals in a manner that allows me to burn calories more efficiently. Second, we modified my cardiovascular program to include more target heart rate interval training. This allows me to burn more calories in a shorter more efficient workout.

**How are you feeling now?** Amazing! In addition to the weight loss, I feel healthy and energetic - which is great for keeping up with my kids. I was able to start running again because most of the joint pain I was experiencing from carrying around excess weight is gone. I feel so good that I decided to train for a half marathon (something I never would have thought about 6 months ago). I am proud to say that I just recently completed my first half marathon and look forward to running in many more.

**Are you still seeing progress?** Yes! The Sweat Life Fitness approach to fitness is truly a lifestyle change – not just a quick fix. If I hit a plateau, Dan is able to adjust a few things so I continue to make progress in my body fat loss. Using the feedback from my Physio-Graph measurements, I can see exactly what I am losing and how I am progressing. It is very motivating when I see my body fat decrease and my muscle mass maintain or increase – you know you are doing it the right way. I have reached a point now that people who have not seen me in a few months do a double take. I have dropped 4 sizes, 18 lbs. of body fat and I feel great!

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**What lead you to Sweat Life Fitness?** I have been a runner most of my life. I am also a Certified Exercise Specialist and have a family history of heart disease; so I am very aware of the importance of diet and exercise. When I became pregnant with my first child I took to heart the notion that I was eating for two. I soon found myself with an extra 15 lbs. of fat I did not know how to get rid of. Being a busy first time mom, exercise was always the first thing to go in my crazy schedule and, to top it off, I was constantly eating on the go. This resulted in another 5 lbs. of weight gain. When I became pregnant with my second child I was told I had gestational diabetes. This was the real eye opener! After my second child I started exercising again, but I just could not seem to lose any weight.

**What did Sweat Life Fitness do for you?** Well, I finally went to Dan with my frustrations. We had a very in-depth Fitness Analysis and he took my Initial Physio-Graph measurement. My initial measurements were not pretty, but very enlightening. From there Dan determined that I was actually doing a lot of things right, I just needed a few modifications to get me headed in the right direction. He made some very painless and easy changes to my diet and exercise regimen and I started to see results. After a few months I had seen some big changes.



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