

2013 Mayor's Fitness Award Winners

Fitness:

Crystal Aulbur- Last January, Columbia College started their annual Biggest Loser campaign. At that time, Crystal began a regimen of "boot camp" workouts 3 days a week. The contest ended in April, but she has continued her 3-day per week workout regimen and even added in additional swimming workouts at the ARC. In May, Crystal ran in her first 5K. Recently, she has incorporated weight training as a part of her workouts.

While, to her disappointment, Crystal's workouts have not made a huge difference in her weight, her fitness level is off the charts and her body appearance has definitely changed. You might see Crystal and her trainer in downtown Columbia during the lunch hour working their way through a combination of running and workout stations. Her nominator challenged anyone to workout alongside Crystal and try to outwork her.

Lee Trammell-Lee was nominated for this award by his wife, who is here to accept the award on his behalf. Lee is the perfect example of living what he believes; he encourages without preaching. He teaches not only through example but offers his patients, family and friends information and opportunities on how to improve their overall health. With a family history of heart disease Lee made lifestyle changes over 30 years ago that lead to significant weight loss and has worked physical fitness into his daily life. He has adapted his fitness routine over the years, which has included running, walking, swimming and biking. Lee encourages his patients daily using himself as an example. He quit smoking, changed his eating habits and increased his physical activity to become a healthier person. As a grandfather of two and another on the way Lee needs to stay active! His wife of over 40 years stated she understands how difficult it has been for him to make some of these changes and she proudly nominated her husband.

Weight Loss:

Casey Nelson- Casey was nominated by a previous fitness award winner who knows how tough it is to change your life. His journey to a healthier lifestyle and a 320 pound weight loss began back in 2011 when he weighed 540 pounds. Casey's decision to pursue a weight loss strategy began when he acknowledged the likelihood of an early demise if he didn't change his habits. He started off by consulting a weight loss professional who advised him to start out by cutting out soda, to "eat healthy" and to keep an honest accounting of what he ate in a food journal. In his first month alone, Casey lost 30 pounds, without even having spent a single day in the gym. Now, he visits the gym an average of twice a day, Monday thru Saturday, and once on Sunday. However, Casey credits his supportive friends and family most for his dramatic weight loss.

For those looking to embrace a healthier lifestyle, Casey offers the following advice:

1. Keep an honest food journal. "WRITE DOWN EVERYTHING!"
2. Cut out "Crap Food" such as fast food, fried food and anything that is processed.
3. Get to the gym!
4. Surround yourself with supportive friends and family.

And, most importantly:

5. DO IT FOR YOURSELF!

Casey's future health goals are to never go back to his past weight. And that he will never consider his weight loss as a result of dieting, but, rather as a lifestyle that, if you truly embrace, can and will show you the results you want.

Kathleen Pennington- Kathleen started her weight loss journey prior to turning 30 to fulfill a promise she made to herself. After starting at over 260 pounds, she met her goal and has lost 100 pounds! After her father underwent a bypass surgery, she decided it was time to change her life. She started her weight loss journey as a student at the University of Florida by working with a trainer and enduring grueling sessions of running stairs. She continued her workouts at Wilson's Fitness after moving to Columbia to continue her education. She and her trainer set up a workout plan and diet, and she followed it to a T. Her trainer recalls a fond memory of when Kathleen started dating a guy for the first time in Columbia. She would tell him "no going on a date until I've been to the gym," and she did just that. Dating came second to her health and her goals. Kathleen even took him to a Body Attack class, a high intensity, plyometric workout that burned almost 800 calories an hour! Kathleen is always encouraging and willing to help others on their fitness goals. She takes people to classes with her, encourages them to eat right, and shows what a healthy lifestyle can do for people. After her trainer posted a picture of her client on Facebook, she received over 90 comments from other gym members, some calling her "incredible shrinking woman!" Kathleen is an inspiration, she stayed motivated to reach her goal knowing that it wouldn't happen overnight!

Youth: Our winner in this category was nominated by his own Dad , the following is his nomination, as submitted.

Brandon Young- Of course, as a parent you are always proud of your child's accomplishments but I just hope that all parents are as lucky as my wife and I. Our son Brandon has decided to make exercise a part of his life and is making it a daily activity. We are constantly training for Triathlons with the Columbia Multisport Club. We have raced many races this year and with much success. Sometimes I feel that my son gets short changed by not playing the conventional sports such as Football, Baseball, & Basketball but we have chosen this sport because we are passionate about health and making constant improvements in our training

regimen and with that comes a more flexible diet, which means we can eat the Andy's Custard once in a while or have the McDonald's fries every now and then. We battle weight

issues everyday but with the constant exercise we get from swimming, whether at Finger Lakes or Stephens Lake, and or Biking the McBaine Loop/Big Tree or the Airport loop(32 miles); last week we completed a 60 mile up tempo ride where a 13 year old could stay with many of the adults and in fact out endured most of them. One gentleman, Art said, "Your son is phenomenal". I think that this shows that parental supervision and guidance, along with great friends that will encourage the youth of today, kids can accomplish anything. We talked about a Tri Club at his Junior High which will be next on our to do list. This teaches the youth of today is to never give up and never under estimate your ability. We have many hills left to climb, and the new Greenbriar MKT addition is a great place to do that. We hope to be climbing upwards of 10-15 hill repeats getting ready for a Colorado Trip next year. The best part of the training is that we can do it together! Even Brandon's mom is into the cycling thing and has noticed the difference in her lady-like physique. We are so thankful for the great community of Columbia that has trails at our back door. This promotes a healthy lifestyle and makes it much more fun when there is a safe place to ride and train. So, THANK YOU City of Columbia and HAPPY TRAILS!!

Mentor:

Ed Schumacher- As principal at Russell Blvd. Elementary, Dr. Schumacher started the Russell Runners' Club three years ago and the group now has 150 student participants. He spends many hours of his personal time organizing this group, attending running events in the community with students, and encouraging not only the students, but many parents to begin running as well. The students meet twice weekly before school to log miles on the school's track. As part of the Go St. Louis program, they strive to run 26 miles, read 26 books, and do 26 good deeds. The culmination is running the last mile of their "marathon" at the Go St Louis run in April. However, it isn't just participating in Go St Louis that makes Runners' Club special. Students who don't see themselves as athletic are encouraged by Ed to just begin. The first thing they know, they are logging those miles and their confidence is built to set their goal higher.

Not only has Ed inspired students, but parents. Former Russell parent, Nancy Stoker, says that Ed is the one who first convinced her she could do a half-marathon. With the first spark ignited, she has now completed eight marathons! Ed also inspires other to bicycle. His nominator credits Ed for encouraging her to go on the cross-Missouri Katy Trail ride, which she has now done twice. Ed's philosophy is "you can do it if you just start." That inspiration for students and adults makes him most deserving of this award!

Betsy Farris- Betsy has been a tremendous mentor to many Columbians at all fitness level for many years. She welcomes EVERYONE at any FITNESS LEVEL and always makes sure no one is left behind. Betsy truly models "fitness for a healthy life". She teaches spinning regularly at a local fitness club, but also coordinates group fitness activities that are FREE. Betsy has created a weekly Saturday run which has become a dog run. Her most creative group fitness activity is known as the garage run; this involves running stairs through nine parking garages in the downtown and campus area(1,390 steps) and doing calisthenics on the rooftops. Betsy has also coordinated or assisted with an annual Biggest Loser competition. The annual competition has happened at least 5 years and included more than 100 people each year. She doesn't join the competition (because she doesn't need to lose weight), yet she leads or coordinates the teams. She also coordinates weekly group workouts free for all participants and is everyone's biggest cheerleader. Betsy has also mentored people to run their first 5K or accept other fitness challenges; on the day of the big event, she is right there with the person helping them to meet their personal goal. Betsy is not about competition, but demonstrates that being active is about maintaining good health, physical and mental. Betsy helps others to be successful and makes being active "fun."

Jeff Krug-Jeff was a nominator for last year's Fitness awards and this year is a winner in the Mentor category. He has been a mentor in many ways for many years. Jeff co-coordinates the adapted gymnastics program for 6 years, serving over 100 young people with disabilities to that they may have the same successful experience as the kids in the "regular" tumbling and gymnastics programs. He organizes weekly sessions and trains volunteer coaches to ensure the safety and success of all participants. He is a motivator, teacher, coach, and an incredible advocate for children with disabilities and their families. In addition to weekly gymnastics sessions, Jeff coordinates the FUN Fitness program for the Summer Games of the Special Olympics. As part of that role, he assigns physical therapists and physical therapy students to perform a fitness screen for participants checking muscle strength, flexibility, and balance, once again to ensure safety and success for all Special Olympians. Hundreds of athletes have benefitted from Jeff's dedication to the health and fitness of the special needs population. As almost any family that has a disabled child who Jeff Krug is and they will say "Jeff is the one that treated my child as a normal child and gave them the feeling of winning and success." In addition to his work with the special needs athletic population, Jeff developed, and now supervises Neuro PhysZou, a program which allows patients with neurological impairments without insurance or who are underinsured to receive FREE physical therapy services. This encourages individuals with injuries that will affect them for the rest of their lives to promote independence and self-worth. To date, Jeff has coordinated care for over 40 disabled adults with the help of 75 PT students, for whom he serves as mentor.

Mentor-Honorable Mentions

Luanne Kelly- Luanne has been a Personal Trainer at the ARC for several years. She goes above and beyond her job expectations to knead herself deep inside her clients' heart and soul to learn what her client may need outside of what was written on their training request. She is a role model, coach, friend, comforter, supporter to each and every one of her clients.

Maureen Coy-Maureen is a great mentor to moms and children about staying Fit and Active through the FIT WIC program and through her coordination of the Community Garden outside of the Health Department. Much of the produce at that community garden is donated back to the WIC participants so they can learn about healthy, fresh meals. She has play groups for the WIC moms, who may not otherwise have access to educational play dates with their children.

Jeff Mueller- Through his role at Boone County Family Resources, Jeff and another coworker lead the Transition Network's Live Well class - a class which combines education about overall health, wellness, and nutrition, with 30-45 minutes of walking activity for people with developmental disabilities. He is very accepting of the individuals in the class (of their opinions, interests, and barriers to activity) and helps them troubleshoot ways to overcome barriers to focus on health, rather than losing weight. He inspires confidence in the class participants, encouraging and rewarding them for all healthy decisions they chose to make. His nominator states that Jeff is a great person who is very focused on wellness and health in his own life, and loves inspiring others in this area.

Fitness Professional:

Laura Knoesel- Laura Knoesel is all about a positive attitude and inspiring young children to love staying active. She joined Columbia Independent School about ten years ago as the K-5th grade PE teacher. She has a high level of energy and enthusiasm for working with children on fitness and health. Laura has introduced a running club for students that began with 15 and grew to 80. She donated her time to this program because she believed in giving to her students. She runs for fun, is a cheerleader to the students, and focuses solely on the positive choices students make to stay active.

Laura has also designed a monthly calendar of activities that students can do at home. They can do sit ups one night, make an obstacle course in their house, play flashlight tag with neighbors...every idea imaginable is on the calendar. Students can check one of her suggested activities or they can write in their own activity if they are involved in soccer, dance or some other out of school activity. This year, she encouraged participation in the first annual Show-Me-State Games "Pumpkin Run". Several families attended and Laura was waiting at the finish line to high five and cheer on every student who ran. Not only does she inspire students to be active, she advocates for them. She emphasizes the importance of students having enough "active time" throughout their school day to her colleagues. Laura believes in educating and exercising the whole child! Last, but not least, she is passionate about building relationships

with her students. She is teaching lifelong skills on multiple levels. She eats lunch with the students every day, follows up with teachers and parents if a student had a difficult day in PE, and also follows up with a child to end the day on a positive note.

Cesar Mello-Cesar is more than a professional in the physical fitness arena. As a personal trainer he gives his clients more than time. He gives them encouragement, guidance that assists them in making healthy lifestyle changes, and the confidence to reach their goals. He is a dedicated family man. He has three daughters who were encouraged to pursue their personal goals academically as well as athletically. All three are focused students and athletes at MU. One of his clients stated that he enabled her to believe that she could improve her health and brought her hope. She stated her outlook on life had greatly improved and she knew she could and would achieve her fitness goals because Cesar said she would! Cesar *is* tough, but with a quiet demeanor that puts the responsibility for success on both his and his clients' shoulders. He gently, but firmly encourages his clients to try just a little harder or put more effort into their workout in order to reap the benefits. He really cares about the success of each of his clients and has an individual plan for each one. Cesar is a great person with a big heart whose focus in life is family and healthy, happy living!

Lindsay Stinson- Lindsey was nominated by one of her clients whom she helped lose 65 pounds. In addition to weight loss, Lindsey has helped her learn and maintain healthy eating habits as well as setting and exceeding fitness goals. Lindsey is currently working with approximately 50 women through group fitness "boot camp" classes as well as individualized personal training sessions. These women vary in age, size, and fitness ability. Many of these boot camps are run at 5:30am and Lindsey ALWAYS shows up with a smile and a ready to work attitude. The time and care she takes with each of her clients is inspiring. Lindsey takes the time to learn about her clients health and fitness goals as well as their personal lives to not only assist her in identifying triggers that prevent her clients from reaching their weight loss and fitness goals as well as to connect with her clients on a personal level. In doing so, Lindsey gains the trust of her clients and in turn, is better equipped at assisting them in reaching their goals. Lindsey does not do this for the income she receives but does this work because of her love for fitness and her love for helping others.

In addition to her personal training, Lindsey is the founding member of "Hallsville Road Runners," a running group for students up to the fifth grade at Hallsville Elementary School in order to inspire good health and self-esteem in the lives of these children.

She donates her time and energy into this group.

Lindsey is a remarkable trainer, supporter, and friend. She is a full time wife and mother to three young boys. She has an ability to motivate and support others while maintaining a calm and peaceful household for her children. She is well loved by all that know her and has single handedly changed the lives of many women through her devotion to promoting good health

and physical fitness while supporting and building the self-esteem by all that she has the opportunity to work with.

Fitness Professional-Honorable Mentions

Kristina Schaefer- Kristina Schaefer wears many hats in this community. She is a fitness Instructor for a local gym, is the Dance Team Coach for Hickman High School, and is a Dance Team instructor for Dance Arts. Kristina is not coaching from the sidelines, she is doing the routine right along with her girls showing them great technique and how to perform well and correctly. She invests a lot of time and energy into helping others stay fit and active.

Amanda Barnes- Amanda is a great advocate for a healthy lifestyle and always promotes active fitness solutions for any exercise level. She is a valuable resource for fitness advice, workouts, and moral support. She has recently helped her nominator realize that despite an injury setback he is still able to achieve his goal of a healthier lifestyle.