



Growing up in Atlanta, I lived an active lifestyle. Then I moved to Minnesota 9 years ago and “life” got in the way of making healthy lifestyle choices for me (or at least that was the excuse that I told myself). I ate poorly, smoked, drank and NEVER worked out. I had a gym membership at another gym for 5 years and went to that gym MAYBE 5 times! The weight crept on and I found myself tired, cranky, lethargic and overweight.

I joined AFC when I moved to Farmington 3 years ago and made a commitment to myself that I would start living healthier for me. I started working with a trainer on a bi-weekly basis and made other lifestyle changes and lost almost 40 pounds. I couldn’t have achieved those results had I been doing it myself (Hello...5 trips to a gym that I was a member at for 5 years). For me, achieving those results took holding myself accountable to someone else.

Through my journey I decided that I should get my Personal Training Certification and help others realize the benefits of living a healthier lifestyle. It starts with recognizing that “I’m too busy” is just an excuse and that we owe it to ourselves to live a healthy lifestyle so that we can experience life to its fullest potential.

I have been a trainer with AFC since May of 2008 and received my NETA Personal Training Certification in January of 2009. I enjoy working with a variety of clients, from those that need another person to guide them down the path to living better to those that have made changes in their lives and need help maintaining those changes. I look forward to helping each and every client and gym member achieve their own personal success at the gym, whatever that success might be!

*Laura McKay*