

# {LOCAL SUCCESS} ——— *Laura Montgomery*

Metairie resident Laura Montgomery had always been active. She was a runner, not the type of person to be sedentary. But, after she and her husband adopted two children (they've since adopted a third), Montgomery found it harder and harder to find the time to exercise. More often than not, she found herself eating out or finishing the leftovers on her children's plates. "As I was getting older, I could see my body changed," Montgomery said. "Little pounds kept creeping on...I knew what I should be eating, but I wasn't eating it."

Eventually, Montgomery found herself at 167 lbs. (she's five feet, eight inches tall). She decided it was time to do something, so in August 2008, she enrolled in a 15 week total body transformation program at LIFT Training Studios in Mandeville (she lived on the Northshore at the time).

The program involved personal training for 45 minutes three days a week. In addition to this, she would do 40 minutes of cardio on a treadmill at a 25% incline three days a week. By the time the program was completed, she had lost eighteen pounds and had gotten back on the road to fitness. Now, she still meets with a trainer twice a week to work on weights and she still does the treadmill for cardio 3-4 times a week. "I didn't think my body could do the things that it did," Montgomery said.

One of the biggest assets of the program Montgomery participated in was the meal plan. No salts, no fried foods. She eats healthy carbs earlier in the day, limits the carbs at night and drinks a lot of water. Breakfast is often oatmeal with protein added or an egg beater sandwich. Lunch is frequently a turkey sandwich on whole grain bread with a salad. Dinner is usually a lean meat or fish and salad to go with it. She has two snacks a day - her favorites are green apples and almonds.

This does not mean that Montgomery never eats out anymore. "I still go out to eat, but I make wiser choices," Montgomery said. And, since everyone needs a treat every now and then, once every month or so, Montgomery will allow herself to splurge on something that isn't a part of her normal meal plan. "I don't feel my diet is missing anything or boring."

When asked what the biggest challenge of it all was, Montgomery said it was finding the time, a common refrain among people looking to get fit. Montgomery works as a nurse anesthetist and has recently adopted a third child. That's a lot to do in one day, and for Montgomery, the hardest part was setting aside time for herself. "The hardest part was making time for myself and not feeling guilty about it," Montgomery said.

A difficulty that goes hand in hand with a hectic schedule is the feeling that the time for being fit and working out has passed, that it may be too late to live a healthy lifestyle. "It's never too late,"



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Montgomery said. "Your body can be changed. I always thought I had a certain shape to my body and that was just the way it was going to be. You can lift heavy weights and not be concerned about bulking up, but sculpting your body."

With her renewed dedication to fitness, Montgomery plans to run a half marathon at the Mardi Gras Marathon in February. She used to be a runner and this will be her first race in three years, but now she is more confident than ever. "I know I'm in much better shape this time than I was before."