

## Fit Spotlight

### Mary Phung

I'm a structural engineer that works out of San Mateo. My commute is approximately 1.5-2 hours one way and a majority of my life is sitting in the car or in front of a computer. I'm also a mother of a 7-year old boy that keeps me busy with his activities on the weekdays and weekends. My biggest struggle has always been trying to create a healthy lifestyle as it's difficult with my commute and day-to-day schedule. At times I've felt like I've failed in trying to create that balance as healthy eating is sacrificed with fast food dinners and processed food. And at times, I've felt like I hit a wall, where I've plateaued with my weight no matter how many times I've watched the workout videos from the infomercials.

After several months of testing new workout gyms and classes, I came upon FIT boot camp. I passed by the banners every day and decided to try it out. The coaches challenge me every day to go beyond what I think I'm capable of. The people I've worked alongside are both motivational and inspirational. My FIT team is welcoming and constantly pushes me to challenge myself. Getting up early is no longer something I dread, but something I look forward to. I have discovered that the more my work out becomes routine, the more my own self-awareness of eating healthy comes naturally.

There are things I've had to adjust in my lifestyle sometimes that aren't pleasant, like losing that one hour of sleep or not eating ice cream every day, but those are the sacrifices that I know will help me live longer. I'm getting older and I've recognized that it's harder and harder to stay fit. Although, I haven't entirely eliminated sweets or fried food from my regimen, I've learned to eat them in moderation. I've also tried food prepping on the weekends so it takes less time to cook on the weekdays. My family also is eating more greens and fruits. I've adopted these habits within my family, as I know what we eat affects all of our habits. We don't waste food, but our plate is a little smaller now and healthier. On the weekends, we do more outside activities as a family. Sunday is our leisure bike ride; where the fast ride downhill is an incentive for the long bike uphill. Getting started is always the hardest part. You can't success if you never try. Everything else will fall into place in terms of scheduling and routines. You just need to find what works for you and start.