

Boot Camp and

BY SHAYNA MILLER

W

ant to lose weight but too intimidated to try a new exercise program? Here are two inspirational stories about two local women who have done both—they are now fitter and feeling great.

Pamela Graham, 41, of Oconomowoc is a married mother of two teenagers and a recent transplant from Connecticut. The stay-at-home mom tried her first boot camp about a year ago and has seen extremely positive results: “It’s very impressive to see so many women of different backgrounds, ages, and abilities working together for a very common goal—sweating, cheering, wincing, smiling and encouraging one another all along the way.”

Wisconsin Woman: Why did you decide to try boot camp?

Pamela Graham: I saw an advertisement for Lake Country Adventure Boot Camp and I thought, “Boot camp ... that’s different. It’ll get me out of the house.” Being newly relocated, I didn’t know many people and we had moved here in the winter. The winter had not been kind—the cold quiet of winter, the isolation of being new and poor eating habits caused me to gain 20 pounds on my already too-heavy frame. I was so heavy that my “fat” clothing no longer fit, and I was miserable. So I decided to try boot camp and have been doing it ever since.

WW: How many times per week do you work out and what types of exercises to you do?

Pamela: Five days per week. We do butt bridges, tricep dips, skaters, running, squats, dynamic lunges, medicine ball workouts, v-sits, jump-roping and lots more—the workouts change from day-to-day. Sessions are one hour and we visit a different local park each week. Lake Country Adventure Boot Camp has multiple locations.

Pam Graham

Laura Kleinhans

Triathlon Training

can bring Inspiration



Hartland/Pewaukee Adventure Bootcamp field trip day.

WW: *How was that first boot camp session?*

Pamela: My first camp was probably my favorite one. While I knew I was out of shape, I had no idea how bad it was. I was extremely nervous. We started off with a simple warm-up and I'm sad to say, I was tired a few minutes into the warm-up. I learned to do tricep dips, lunges, plank holds, bicep curls, French presses, wall sits and jumping jacks between strength exercises. I couldn't even lift my legs to jump.

I hung in there and one of the other campers smiled and said, "That's why we're here." It was just the encouragement I needed.

The next day I was so sore that I could barely sit in a chair--it was a good feeling. At the end of the first week there is a fitness test where you do as many pushups and sit-ups as you can for a minute each and a timed mile run. During the first test I could not do any full pushups and the sit-ups were no better. The mile was the worst; I started out running very slowly only to fall out of the run and have to walk back.

By the fourth week, I was able to do much more. I was so proud. I lost over six pounds and 10.5 inches after only four weeks of boot camp--I was hooked!

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WW: What fitness gains have you noticed since you've been doing boot camp?

Pamela: Before, if I walked up and down the stairs I was winded. I ran my first 5K this past winter without stopping, and I recently ran a 10 minute 45 second mile--my all-time best. My abs, arms and legs are becoming more defined. I'm losing weight with hard work and not starving or doing gimmicky diets. I've lost over 40 pounds and many inches; I'm down three dress sizes, and I plan to lose a little more weight.

WW: Who should try boot camp?



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Pamela: Anyone that wants a challenging and ever-changing workout. If you're tired of the gym, or tired of not seeing changes in your body, you should do boot camp; those that get bored with routine will really enjoy this workout.

Laura Kleinhans, 45, of Pewaukee had never given much thought to doing triathlons. It wasn't until a Thanksgiving dinner conversation seven years ago with a sister-in-law that she agreed to do a triathlon that summer. At the time, the communications consultant and married mother of three didn't even own a bike but seven years later, Kleinhans has completed 10 sprint events: "They provide a safe, encouraging environment to accomplish an incredible goal--especially the races that are designed for women."

WW: What length of triathlons do you do? Which is your favorite activity and which is your least favorite?

Laura: Triathlons vary. There are different distances: sprint, Olympic, half Ironman and Ironman. I have only done sprint triathlons. I don't have any plans to do an Ironman.

I like biking the best. I am not a runner and only run for the events. Swimming is a great exercise: good for cardio, great for toning and easy on the body. I like training for it, but it is by far the scariest event of the tri. Both the Trek and the Danskin include a half-mile swim across a lake. So when you are half done, you are in the middle of the lake!



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