

Cincinnati Sports Club Member Tracy Feightner Loses More Than 30 Pounds On Club's Weight Loss Program

Cincinnati Sports Club Member Tracy Feightner gave herself a special present for her 39th birthday, and decided to lead a healthier lifestyle by enrolling in the Club's Weight Loss program. Although she had already lost 20 pounds on her own, she felt that she needed a bit more structure, support and motivation to reach her goal weight. As of January 30, Tracy had lost over 50 pounds total, the final 30 as a result of enrolling in the program.

According to Tracy, "This program is about so much more than just weight loss. I feel amazing and have so much more energy than when I started the program. I'm more confident in how I look and carry myself, and I'm stronger, leading a more active lifestyle and can actually keep up with my four kids again! I walk the dog around our neighborhood and also coach both track and volleyball in my spare time. I now go to the Club 5-7 days a week, and have found a new love for cycling, weight training, the treadmill and the stepper.

The program has also helped me make a new group of highly supportive friends that I enjoy working out with. We all keep each other on track and motivate one another, and congratulate one another on our progress.

We are held accountable by our coaches who help us stay motivated, and I know that I can text them any time that I need guidance. My coach Sondra Kurz, has been wonderful about giving me smaller things to focus on that help me 'crush it' every day.

The program has actually impacted my entire family, as we have improved the way we eat. Our snacking habits have evolved for the better, as we serve healthier types of treats at our house. And the meals are super easy and tasty. All I need to think about is what type of veggie I want to pair with my food, and voila! I haven't made a bad dish yet. The program instills a habit of health consumption, so I drink water and shakes or eat fruits, veggies or the HMR bars when hunger strikes. My rule is – never go hungry!

Remember that taking care of yourself in order to help others starts with You. Just tell yourself that you are worth this. Self-care is not selfish. This program is not like other diets or exercise plans or fads. It's an amazing way to help you find yourself again. If you trust the process and eat the right things when you're hungry, you are guaranteed to see results.

Now in its 30th year, and locally owned and operated, Cincinnati Sports Club has grown steadily across 16 sprawling acres at 3950 Red Bank Road in Fairfax, Ohio. It is accessible by three street entrances – at 3950 Red Bank Road, 5535 Murray Avenue and 3939 Virginia Avenue. For more information on enrolling in the Club's Weight Loss Program, visit www.CincinnatiSportsClub.com or call 513-527-4000.

