



“Make your comeback stronger than your setback.”

Progress over perfection

2018 didn't start off so great for me. Like most, I had big goals to "lose the weight" but I was giving it a go at home by using an app on my phone. A few days in, I ruptured my Achilles. After surgery and many months of physical therapy, I was finally released in June.

I started working out at the Apex Centre in July. I went a few days a week and stayed mostly on the elliptical. Once I felt confident, I started training with the C25K app and jogging on the indoor track. I was slow, but after a few months I completed the full training. I ran my first 5K (post injury) in November. I needed a new goal to work towards. I decided to keep moving forward and have been training with the C210K app. I'm on my final week of training and will run my first (ever) 10K in April!

I have been tracking my food with MyFitnessPal and losing weight steadily each month. When I plateau, I reevaluate and adjust. I have added a few classes each week as well as strength training, which has helped me push past my plateaus. As of this week, I am down 70 lbs.

I am so thankful for all of the members and employees I see daily at the Apex Centre. Your smiles, "thumbs ups" and kind words along the way have encouraged me and kept me moving forward. I look forward to my workouts and no longer see them as work but rather as part of my daily self-care.

A few quotes that have kept me focused are "Progress over perfection" and "Make your comeback stronger than your setback."

We at the Apex Centre wish good luck to Courtney on her 10K in April!

MEET

Courtney Solstad

Courtney will be running her first 10K in April!

Workout Routine:

- Trains using the C210K app
- Tracks food using MyFitnessPal
- A few classes each week
- Strength training

Apex Centre is helping its members reach their peak!

View more stories or give us your testimonial at www.apexcentre.org

