



# GetFiT Program Inspires Fitness Success



Chen proudly accepts her reward for completing the GetFiT 30-Day Challenge.



Like many new mothers, Karina Chen wanted to shape up after the birth of her daughter four years ago. But gyms were intimidating to her, and she was concerned that she wouldn't be able to keep up with group fitness classes.

"At first it was hard to move after staying home for so long," she recalled. "My New Year's wish one or two years ago was to make exercise as natural as breathing. I started with 10 or 15 minutes a day."

She says she started with YouTube Zumba videos to build both her stamina and her confidence. "I had to learn and follow the steps so I wouldn't embarrass myself in class," she joked. Then, while shopping for Park Authority children's classes for her daughter, she discovered a RECenter membership option for newcomers like her. On New Year's Eve day, Chen stepped out of her comfort zone and bought a 30-day membership for \$30 at Providence RECenter. It included the GetFiT program with three coaching sessions to learn how to use weight-training equipment properly.

"That is awesome," she said enthusiastically. "I didn't really know how to do strength training, and it was nice to have a professional coach teach me how to train the muscles."

In addition to three coaching sessions with trained fitness professionals, the GetFiT program helps new RECenter members set personal fitness goals and identify resources for staying on track. It also includes an InBody body composition analysis to help identify target areas.

"The coaches here are very professional," Chen said. "With the InBody analysis, I realized I tend to put more stress on one particular side. From now on, I will work to balance the muscles on both sides."

Chen says she exercised almost daily for those first thirty days and started to notice results. "My clothes fit better, I had more energy, and I was capable of lifting heavier weights compared to the first session," she said. Once her 30-day membership was up, she also realized she was well on her way to making "exercise as natural as breathing," and she purchased an annual membership.

"This is a really a good value in our neighborhood compared to private facilities, and I realized I didn't want to waste this perfect opportunity," she said. "Exercise is important, and I want to stay healthy and see my daughter grow up."

If you're new to gyms, now is a good time to start your own fitness journey. You can purchase a 30-day membership for \$30 through April 30 at all Fairfax County RECenters. For locations, turn to page 10.