



# Pushing Past the Pounds



Scott and Amy Sladovnik and their daughters.

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-Sarah Reeve

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**a**my Sladovnik, wife and mother of two girls, has made it a priority to stay healthy for herself and her family. It was not an easy road.

During her nursing career, Amy faithfully worked out four to five days a week. Amy's first pregnancy turned into a festival of food, however. "I literally ate around the clock and didn't care how much I was consuming," she recalls. "I gained 87 pounds with my first pregnancy. I could not even recognize myself in the mirror."

She told herself, "Enough is enough," and began getting into shape with spin classes and walking. Dropping the final 20 pounds, she says, was the hardest part. She enrolled with Elite Gym, where she re-established her connection with one of the personal trainers, Sarah Reeve, whom she had met at another gym.

For Amy, balancing her motherly obligations with the desire to stay fit wasn't easy. But under Reeve's tutelage, she saw the pounds melt away. Changing her diet also was a key. She admits she couldn't have done it alone.

"Sarah took me to another level," Amy says, "and I also went back to how I normally ate with lots of veggies and lean protein. It took 18 months but the 87 pounds came off."

In January 2011, Amy and husband Scott, greeted second daughter Mackinzy. For that pregnancy, Amy wasn't about to balloon up a second time—especially after reaching her weight goal. The gain over the nine months with Mackinzy: just 38 pounds.

With two daughters at home, Amy still managed a once-a-week session with Reeve. This summer, she kicked it up to twice a week, and continues working with her mentor.

"Sarah really kicks my butt," Amy says. "Since having two kids and being almost 40, it's just not that easy anymore to do it by myself. She really pushes me every time I train with her. I have continued to train with Sarah for over three years now and feel fantastic. I feel that after a certain age, you need that push from someone to get you to the next level, and Sarah has done that for me."

Reeve calls Amy an outstanding client since the two first hooked up. She remembers the excessive weight Amy


was trying to shed from her first pregnancy.

"It took a little while to get it off, probably a year or so," Reeve says. "We pretty much focused on clean eating, making sure she got enough calories in. We focused on muscle gain and also helped with her toning, which most people shy away from."

For women like Amy who continued exercising through her pregnancy, workouts at Elite are altered to be careful guarding the baby growing inside.

"We catered to what exercises she could and could not do," Reeve said. "She was a little stronger than some individuals I work with. We did compound sets, and we burned up a lot of calories."

Amy finds Elite Gym to be conveniently located near Westroads Mall, and she enjoys the friendly atmosphere.

"Everyone I have met there is great," she says. "From the time you walk in the door everyone has a smile on their faces." 

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