

Nadine Lemmons

Healthy Hall of Fame, Winter 2016

Inspiration for Change: As Nadine approached the age of 50, she felt she needed to make a change to her lifestyle. Occasional exercise, always eating on the go and eating out a lot were not going to cut it anymore. Nadine needed to set a new goal and stick with it. So in April of 2015 Nadine started eating clean, exercising with both weights and cardio on a regular basis, and prepping her meals. She decided to train for a physique competition with the goal date in fall of 2015.

Since April, Nadine has lost a total of 45 pounds and 14% body fat. "It hasn't been easy", says Nadine, "People ask me what I'm taking, and I say 'nothing'. It's just a lot of hard work."

Current work-out and eating plan: Nadine says she "eats clean", therefore she does not eat any added sugars or processed carbs. She also preps her meals. On Sundays she spends 2 hours cooking and preparing meals for the week. Nadine's meals consist of lots of vegetables, lean protein, egg whites, oatmeal, cream of rice, red and sweet potatoes and wraps. She does not eat anything processed.

For exercise, Nadine lifts weights 4-5 days per week and does cardio every day for 30-60 minutes. When lifting weights, Nadine has a work out plan and works specific muscle groups on certain days and each work out takes a different amount of time. Her cardio work outs consist of elliptical, treadmill or an aerobics class. Her workouts take a total of 1-2 hours per day.

Sticking with it: "I feel great now and I have a ton of energy", Nadine claims, and "everything fits". Her knees don't hurt when she runs anymore and she sleeps "amazing" from working so hard every day. This is her motivation to stick with it. She did have to postpone her physique competition due to unforeseen circumstances and is now slated to compete in April of 2016. She will be competing in an "All Natural" competition (with mandatory drug testing). Her goal is to maintain where she's at until then.

Words of Wisdom: Nadine's advice for those trying to get fit and healthy is to do something physical every day, and to keep track of what you eat. Nadine has found that logging food is very helpful because people don't have a clue what they are really eating. There are several free apps people can download to keep track of food, such as MyFitnessPal. Once you get the habit established, the logging gets easier. Nadine also comments that you have to commit to the work. You have to feed your body to burn calories, no meal skipping, this puts your body into storage mode. Then the key is to burn more than you consume to create a calorie deficit. The more muscle you have the more calories you burn. And ignore all the fads!! It's important to have protein, carbs, and fat – just in the right quantity and at the right time!