

Laura K.

I'm just lucky in that I have a part-time schedule, which provides some flexibility, and I always make exercise one of my top priorities. I don't fret if I don't get a certain number of workouts in a week because I know that it will all average out; some weeks, I get more workouts in, some weeks a little less. The focus and commitment never wavers. I just want to feel strong and good in my body. I've already decided that it is good for me, and my family, so I don't mind making some sacrifices to get the workouts in.