

Student Wellness Success Story

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1. What was your main motivation for getting you started in living a healthier lifestyle?

I was an incoming freshmen and all I could hear was “The Freshmen 15”. I knew right then, I had to make a change in my life to feel better and look better and to show those that do go to college that they can lose weight, too. I’ve lost a total of 37-lbs!

2. How did the fitness center at Ivy Tech help you achieve your goals?

Ivy Tech Fitness Center helped me achieve my goals in many ways - Their helpfulness, kindness, cleanliness, convenience, and of course their AMAZING equipment. Being able to have a gym that wonderful and close, helped me be the person who I was suppose to be in the beginning.

3. Please explain in detail how you achieved your weight loss and/or healthy lifestyle goals.

As an incoming freshman I knew there was such a thing called “The Freshmen 15” and I knew right then and there I would not gain “The Freshmen 15”. I was going to show that it could go both ways, not just gain, but also lose. Let me tell you it was not easy at the beginning. Yes, I did want to stop, but I knew if I stopped I wouldn’t have met my goals today. There were many exercises that I did, but some of the few that helped me lose those love handles were Russian twists and leg lifts. In the beginning, I would work out twice a day for five days and have my weekends off. Later when I realized that I didn’t need to push myself that hard, I went to once a day for six days a week. It wasn’t easy, I will say that, but once you start you can never really stop. Handling stress was pretty difficult for me. I would stress out so bad, I would get panic attacks that would take hours to go away. That is when I knew going to the gym would help me solve the panic attacks and de-stress.



4. What does your diet consist of?

Going from an unhealthy diet to an extremely healthy diet wasn't as hard as I thought it was going to be. My diet now consists of fish, chicken, some steak, peanut butter, veggies, fruits, cottage cheese, yogurt, and sweet potatoes. Don't get me wrong, I do have cheat days but after I have my cheat day I feel gross and sluggish. It took me two and a half to three years to lose all my weight. I would not change a thing with how I got to where I am today. There is always a reason to live and this is one of the best habits to get into.

5. Has your healthy lifestyle helped you with your school work and/or your job?

Without a doubt, YES! I feel the need to get up earlier and workout. After that I have the whole day to accomplish extra chores that include exercise. In 2013, I wasn't as motivated with school with compared to how I am now in 2016. In 2013, I would wait till the last minute to finish my schoolwork, but now in 2016 I would do it as soon as I would have time. School is tough, yes, but working out to get the stress off of my shoulders always helps me. I am proud to say I will be finished with my degree this fall!

6. How have your healthy lifestyle changes made you feel overall?

Gosh, the feeling I have now is indescribable. It is BEYOND the best feeling in the world. It's like my whole world has changed. I am happy, stress-free, wanting to be outside more, confident, optimistic, and much more. I could go on and on about how I feel about myself now than three years ago.

7. What advice do you have for someone else trying to achieve his or her wellness and fitness goals?

Go into the Ivy Tech Fitness Center with the right mind-set that you can change and do exactly what everybody else is doing. DO NOT worry if you feel awkward that you'll be working out in front of people and you don't know exactly what to do. Trust me, I was in this spot, but I held my head high and said I've got this!! However, there are personal trainers to help you with any workout you want. Don't be afraid to ask for help! I would not want anybody to get hurt when working out! Everybody learns and acts different, but don't let that bother you with your life-style, do what you got to do to make your self-happy! One major tip that helped me was always be POSITIVE if you can't get it down that second. Just remember you have your whole life to get it just right. Always BE POSITIVE and HAVE FUN!!

