

# Body



**Heather Bolyard**, a 38-year-old senior designer at an advertising agency and Riverwest resident, has struggled with her weight since childhood, constantly losing and gaining and always feeling distraught. In October 2006, a colleague recommended Bolyard try personal training with Erika Gudgeon, owner of PUSH Functional Fitness in the Third Ward. They've been fitness partners ever since.

"During the consult I immediately liked Erika," Bolyard says. "My goal was to be a smaller size and look good in a swimsuit. Erika said, 'That's easy, as long as you're ready to make a commitment.'"

Gudgeon implemented a functional training program featuring strength and cardio, and provided nutritional education. Bolyard admits to disliking exercise and is a self-proclaimed picky eater, but she followed Gudgeon's advice and quickly saw results. With Gudgeon's "awesome motivation," Bolyard also participates in PUSH's indoor and outdoor bootcamps for a more intense fitness experience. "With Erika, working out is always different and fresh," she says.

In the past two years, Bolyard has dropped from a size 16 to a size 8. "Personal training was an investment in myself," she says. "And I've gained a friend who has helped me be a better person, mentally and physically."