



## Tracy Gest 2005 Miss Wisconsin

# real people real results

By Jeanette Hurt

**F**itness Together's success stories don't usually end up on national television, but that's exactly where Tracy Gest is headed. As the new Miss Wisconsin, Tracy will compete for the crown of Miss America this January, and Fitness Together continues to play a role in her accomplishments.

Tracy, 20, of Menomonee Falls, began working with Fitness Together a year-and-a-half ago—before she even started the pageant ladder. Just before leaving to speak to a service group, Tracy and Fitness Together consultant Pete Piranio sat down to discuss her experiences.

### Why did you choose Fitness Together?

Tracy: "Actually, it was my mom who discovered it first. We were looking at various fitness places, and we drove by and saw their Brookfield office. We stopped in and this has turned out to be the best thing ever. A lot of places tell you, 'Oh, yeah, sure, we'll do that,' but they really don't give you the assistance you need. At Fitness Together, they jumped in and helped me right away.

"The one thing Fitness Together did that other workout places didn't is they did evaluations from the beginning, and they take your measurements, and they ask you what you want, what your goals are. Then, they help you solely in the areas you need improvement. That was really nice because that's what I needed for Miss Wisconsin—to get help because there were certain areas I needed to work on."

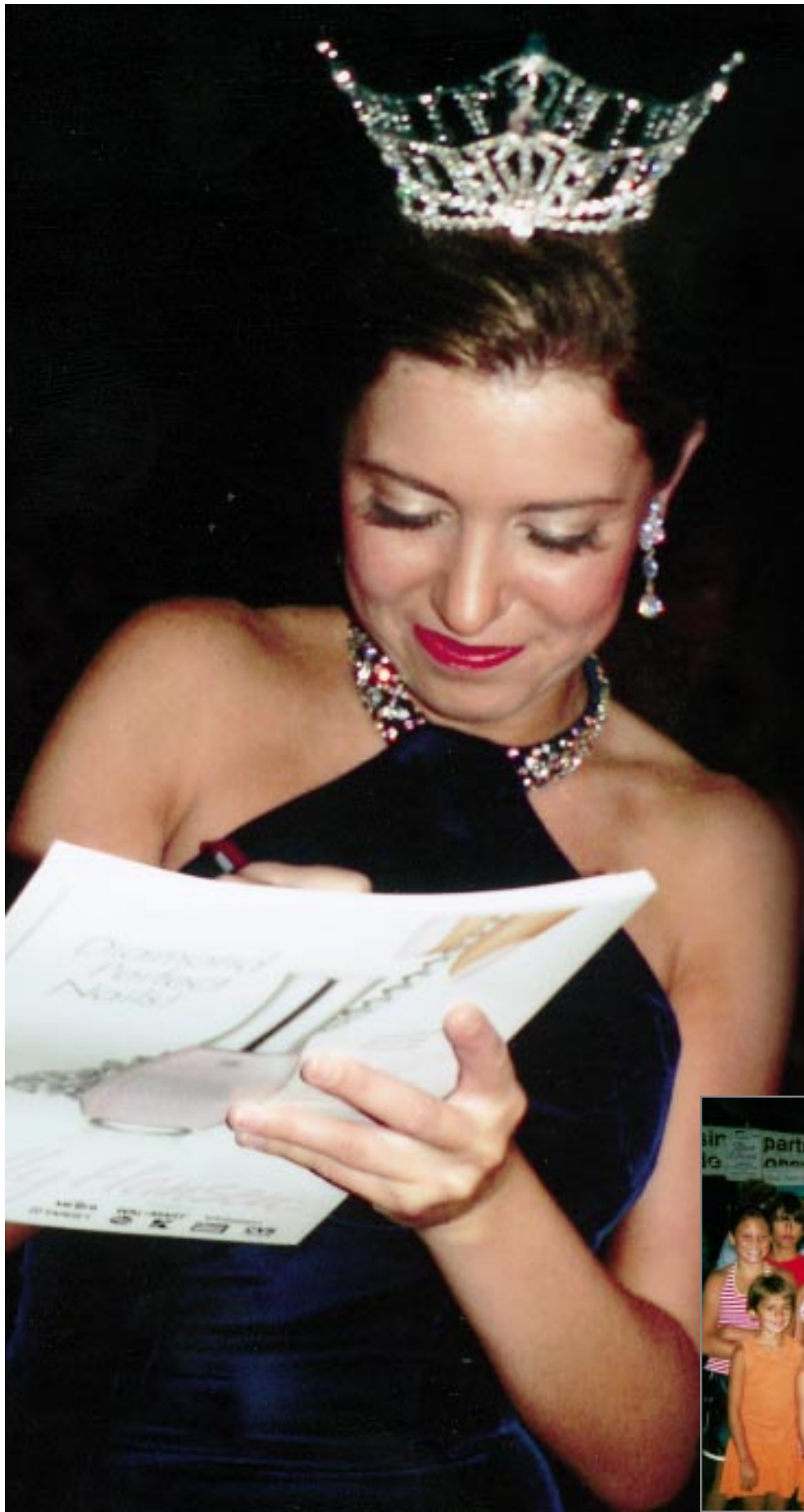
### And what were those problem areas?

Tracy: "As far as the fitness aspect, what I was really looking for was muscle tonation. And I got that—I was the preliminary winner of the swimsuit competition for Miss Wisconsin—I know that it paid off."

Pete: "With Tracy, it was more fine tuning than anything else. But we couldn't just isolate certain areas or her body would have become dysfunctional. And posture-wise, it's critical to have muscle tone that is evenly balanced. If you're walking the runway, you need to have excellent posture."

Tracy: "That, too, was a major improvement. I can't tell you the comments I've gotten about my good posture. I remember when running for Miss New Berlin, everybody constantly said things about my posture, and I had never really gotten that before. That was the other thing when I first came here Pete had mentioned it would be a good idea to work on my posture."

Pete: "We needed to not only look at the fitness side, but we had to add better posture and strengthen her back. One of the first things I noticed was that we needed to pull her shoulders back."





1 Client 1 Trainer 1 Goal

## Real People, Real Results

Lost 15 pounds  
Lost 4 inches  
Stephanie Brand, Delafield

I have gained more **FLEXIBILITY,**  
better balance,  
**STAMINA**  
& strength!  
than I thought possible  
Carolyn R., Whitefish Bay

## Your Trainers Salute You!

After 11 months, my blood pressure went from 160/110 and my cholesterol at 253 TO 125/80 153  
John Shaughnessy, Mequon

Lost 10 total inches  
Lost 4 inches off waist  
Renee Stamm, Brookfield

**Our Clients Look Good In Public Because They Train In Private!**

### real people real results

#### What does posture have to do with lifting weights?

Tracy: “A lot, actually. We did a lot of posture-related exercises that were incorporated into my monthly workouts—like reverse flies, etc.”

Pete: “When we do an initial assessment, a person’s posture can actually tell us what muscles are weak, what muscles are tight. And having rounded shoulders, like Tracy did when she first came here, can indicate a weak upper back or tightness in upper pectorals. We also worked on increasing her flexibility in her chest area and upper back.”

#### What did you do before, did you lift weights?

Tracy: “No, not at all. I would walk in a gym and I’d see the machines, but I didn’t know how to use them. But I know now, especially the free weights, I did a lot of work with them; and the physioball has become my new best friend.”

#### Before coming to Fitness Together, what were your exercise habits like?

Tracy: “I usually just did a lot of aerobics and running. But I didn’t do any muscle conditioning at all. It was kind of a reality check when I came here. It took me by surprise. There were muscles I had never used before.”

Pete: “One of the biggest mistakes people make when they’re trying to lose body fat is they do aerobic exercise, but they don’t combine that with a strength training component. You can do all the aerobics you want, but you can actually decrease lean muscle if you do too much aerobics and you don’t combine that with muscle strengthening.”

#### Besides combining weights with aerobics, do you have any other fitness or life beauty tips to share?

Tracy: “Nutrition is another really important area that goes hand in hand with your workouts. I know a lot of people think—oh, beauty pageants, it’s probably just a diet of starvation. But it’s not. I wouldn’t have the energy to do what I do if I wasn’t eating correctly.

It’s really a lot about protein, and from discussing nutrition with my trainers here, I have added a lot of protein to my diet—more fish than I ever had, more chicken, and the protein shakes Pete recommended.”

Pete: “Logically, you think, if I eat less, I’ll lose fat, but it’s completely inaccurate. If you eat too little, you will lose muscle, and that will slow your metabolism down.”

#### How would you describe a healthy diet?

Tracy: “My platform is diabetes because my father has been a diabetic for 38 years. If you look at a diabetic’s diet, there are things you do. When we eat spaghetti, we don’t use regular noodles, we use whole wheat noodles—it’s just something that’s healthier for you.

People are afraid of the four letter word diet, so when I speak about it, I always say proper nutrition. That is also something I took from here. It’s nothing about diets, it’s all about proper nutrition, and it’s everything in moderation. That’s really what I’ve been preaching since I’ve been Miss Wisconsin. People think carbs are bad, but carbs aren’t bad—it’s just what carbs you’re eating.”

Pete: “Actually, if you look at a diabetic’s diet—things like the frequency of meals to stabilize insulin levels, for example—for someone who wants to lose weight, it’s the perfect model.”

#### When you’re not working out at Fitness Together or making an appearance for Miss Wisconsin, how do you spend your time?

Tracy: “I am a junior communications major at Carroll College, but because of the pageant, I have taken a year off. As Miss Wisconsin, I spend a lot of my time volunteering and speaking on my platform of diabetes. I also recorded my first CD, and that’s called Keys to a Cure. All the proceeds of the CD go toward diabetes research. The CD costs \$10 plus \$2 for shipping and handling, and you can order it from my website about Miss Wisconsin, <http://embark.totracy.com>” **FT**