

# Meet Krystina Eagle

**Body Zone member since June 2003.**

At one time, Krystina weighed 250 lbs. Her weight-loss journey started at home on the treadmill. After losing 30 lbs she decided to join BZ to vary her workouts. Over the years to follow, her daily commitment to cardio and weight training workouts resulted in a total loss of 100 lbs. It was a huge achievement for Krystina who says, "I did it without a fad diet. I set my mind to it and I accomplished what I set out to do."

And then the breast cancer diagnosis came. In 2007, she made it through two surgeries, chemotherapy and radiation therapy. It was a difficult time, but made better through exercise. She says, "My goal as I battled cancer was to keep my life as normal as possible. A big part of that was continuing to work out through chemo and radiation even when I felt sick. I tolerated chemo well and my physician and I strongly believe it was due to my great physical condition going into it."

It's good to know that Bz's been a supportive environment too. According to Krystina, "One of the best things about BZ is the comradery among the members. There are a handful of us who have been members since the beginning. We see each other from time to time and always give encouraging words. The best part was getting tips from some of the 'bald' body builders on how to correctly shave my head while going through chemo."

Now Krystina is a few months out of treatment and feeling great, she has advice to share with others. She says, "Don't think of exercise as a chore. It should be something that you truly enjoy. Don't be afraid to try new things at the gym and set realistic goals. For me, 125 lbs is unrealistic ... I know that I can be healthy and in great shape at 145 lbs so I go with what works for me."

