

October 1, 2008-- Denver, CO

Mary Lynch lost 30 pounds doing her “own thing” at the gym. Impressive, yes. But wait until you see what she did next.

Mary Lynch asked a personal trainer and a nutritionist to get her ready for a bodybuilding show. Why bodybuilding? Mary is a mom of 5 so what was she thinking, right? Why don't you see for yourself. Look at her picture last May - - the one where she's sitting outside. She was at twenty-three percent body fat back then.

Mary's trainer and nutritionist put her on a strict weight lifting, cardio and diet regime. Nutrition changed dramatically for Mary. She ate lean proteins, lots of veggies and only very specific carbs that she cycled. She lifted weights, heavy weights with a lot of sets and different exercises per body part. Mary trained hard - she did her cardio workouts twice daily even. Mary likes to say she “rearranged” her body. Really, she transformed her body. Same body weight. New muscles. Now Mary is at a lean eleven percent body fat! And look at her latest picture – what a difference.

Mary set her goal to do a bodybuilding show and hit it for the last 5 months. Mary, at 45 years old, with 5 kids and a job, did it.

See Mary and all the other athletes on stage competing for the Natural Colorado title. Be inspired to start your own training regimen at the **NPC Axis Labs Natural Colorado Open**, Saturday, October 25, 2008 at Teikyo Loretto Heights. The bodybuilders will be on at 7 p.m. while figure and fitness begins at 5 p.m. If you can't make the night show, stop by for prejudging in the morning. Get all the information, tickets, and a poster at www.jefftaylor.com .

Oh, and you might be wondering what Mary is going to eat right after the show. She's holding out for a mushroom and Swiss burger and brownies. But, that won't last she says, she'll keep eating this new way for the rest of her life.