



# Jeanne Schauland

Disney Princess

April 2009

It was a magical event for one of Underground Functional Fitness's dedicated members. Not even a year into training with Coach Brown, Jeanne Schauland crossed the finish line at her first ever half marathon in Orlando. "The marathon I chose was the Disney Princess half marathon. If a person is crazy enough to run that far, Disney is the place to do it," says Schauland. More than 7,000 women of all ages participated in the event inspired by Disney Princesses and their attributes of commitment, courage, determination, fantasy, perseverance, and strength – all qualities Schauland possesses.

Schauland started working out with Coach Brown back in June and quickly started seeing results. She has lost 32 pounds so far and is having to buy new clothes. Her energy level has increased, her sleep and moods have improved, she is stronger, has better stamina, and more confidence. Her perseverance really shined through when she decided losing weight wasn't enough. "I didn't want my goal to be a specific weight or clothing size. I wanted it to be a performance goal, hence the marathon decision," says Schauland.

"Running was nerve-wracking, exciting, exhausting and exhilarating all at the same time. Dave had worked out a training schedule for me so by the time D-Day arrived, I felt very confident that I could accomplish what I set out

to do. He was very encouraging, supportive, realistic and TOUGH on me. Exactly what I needed, whether I realized it or not! Crossing the finish line was a feeling I have trouble explaining. The sense of accomplishment was phenomenal. I always joked that my idea of exercise was watching the Biggest Loser on television and here I was running 13 miles. To actually complete my goal was such a sense of accomplishment and to have my family there at the finish line was very emotional for me. I shed a few tears...I was excited, proud and relieved," says Schauland.

Schauland's new goals are to start more body sculpting and get more tone. She has a super cute pair of shorts she would like to wear this summer and is going to work her tail off to get in them. She has been a nurse for 30 years and recently started a new job at the Orthopedic and Sports Surgery center in Appleton. She is a grandmother of two beautiful boys, loves to read, and is the director of women's ministry at her church. And like many at Underground Functional Fitness, she has made working out a lifestyle, "I do look forward to working out now and notice on days I don't work out that I feel a little 'off'. It has become a lifestyle change for me and I can't imagine exercise not being part of my daily routine. I owe a lot of that attitude to Dave who has been very positive and supportive of me. A true blessing in my life."