

# CHANGING *for Good*

Kim Bowser becomes  
a better mom, more  
confident wife, and  
more powerful police  
officer by changing  
her lifestyle

*By Sue Mosebar*

When people tell you having kids changes everything, it's hard to believe. Oh, sure, you know it's going to change some things. But everything? Well, until you have a child, it's difficult to understand.

Kim Bowser learned how much life can change when she had two kids, pretty much back to back. Her little ones are only 17 months apart in age, and her youngest, Sophia, is three and her oldest, Grayson, is about four and a half. With the birth of her kids, Kim's life changed more than she ever thought possible.

Perhaps the biggest change for Kim was that she had been active her entire life. "I used to love fitness," says Kim. "I was in sports—in three sports a year in high school. I worked at a gym, and I worked out all the time. Even up to the time when the kids were born. But once they were born, I was just so overwhelmed, I didn't feel like I could fit it in. For the past four years, I felt like I just wasn't able to work out. I kind of lost sight of who I was."

Her lowered activity levels, combined with her haphazard eating, left Kim progressively watching pounds of bodyfat accumulate.

Then she started dreading summers. As she explains, "I hadn't worn shorts in years, and I've never worn tank tops. I was very upset with myself that I had let myself go. I was depressed all the time. I didn't want to be the person I was becoming."

Worse, Kim felt exhausted almost all the time. "I would go to the park with my family, and it would just wear me out to walk around while my kids were on their trics or playing on the playground. I would just want to sit and watch," she says.

Kim knew she had to make some changes, or she was going to end up depressed and unhealthy for the rest of her life.

## A Challenge for Change

Fortunately, as a detective with the Denver Police Department, Kim learned about the 2009 911 Ultimate Transformation Challenge, and it sparked something in her. “I’m very competitive. So I had thought about signing up for the Challenge a while ago, but I never really got up the courage to do it because I didn’t want to fail or feel stupid. But I decided I would do it this year because both of my parents have had heart attacks. Both my grandparents have had heart attacks, and I was afraid I would go down that same road if I didn’t do something about it. And because it was a Challenge, I knew I wasn’t going to give up. I knew I would be stubborn about it and would follow my program to the letter.”

The toughest part: getting through the before pictures. “I was like, okay, I’ll go through the five minutes of humiliation to get my before picture taken in a sports bra and shorts in front of people I don’t know. And then I’ll be fine after that...”

Kim didn’t set any bodyfat or weight-loss goals when she began because what was most important to her was making a lifestyle change. “I signed up for both rounds of the Challenge so this would truly become a lifestyle instead of just a three-month contest. During the first 12 weeks, I just wanted to go at it 100% and not ever give up—no slacking and no cheating. That’s all I wanted to accomplish from that first Challenge. I was very pleased with the results because I didn’t give up, and I never cheated on my diet, and I only missed a very small handful of workouts when my husband had to work late or one of the kids was sick.”

Kim’s goal was to make it a lifestyle like it used to be prior to kids. And she definitely accomplished that goal. “For me, it was never about winning anything. It was never about, ‘I’m going to hit it hard for 12 weeks and win \$1700.’ It was just about changing my life before I started going down the same road everyone else in my family has gone down. I definitely achieved my goal.”

Now, Kim has been working out consistently since January 5, 2009—since the date of the first Challenge. And she continues to progress as she tries different things.

## Exercising for Life

Because Kim used to work at a gym and had been lifting weights since high school, unlike past competitors, she didn’t follow a specific program. Rather, she relied on her knowledge about the exercises she should be doing and created her own routine.



Plus, because she felt so overwhelmed trying to reset her whole life—learning to prepack meals, plan foods, and ensure she ate every three hours—she didn’t want to follow a specific program, feeling it would further overwhelm her.

She did, however, find lots of workout inspiration in *Real Solutions*. “When the *Real Solutions* newsletters would come out, I would always try the workouts, like ‘How to build a bigger back’ or ‘How to work your chest.’ Those workouts were great. So, for example, if it was chest and back day, I’d go and try the new program from *Real Solutions*.”

This added a great deal of variety to Kim’s workouts. “I love to incorporate these exercises into my routines because you get in the habit of doing the same things. It’s a good reminder to keep changing your exercises.”

Even more fit than when she used to run track in high school, Kim is pushing her body to do even more. “I was never fast when I was in high school, so I always ran the longer distances. But now I find that I can run at a quicker pace. I can run at a much quicker pace now than I could even pre-children. I just ran a 5K, and I came in at about eight minutes a mile—24.51 was my time, and that was in August. I can do so much more than I did in the past. I contribute that to the eating clean. I can workout as many times as I want to, but it’s the diet that really plays as much or an even more important role than working out does,” Kim shares.



## Results, Results, Results

Surprisingly, Kim did not start enjoying the fruits of her labors right away. In fact, for the first four weeks, she didn't drop a single pound. She didn't notice any changes in her body. That would have been discouraging for many people. But since Kim's goals were to make this a lifestyle change, she was able to stay focused on getting her workouts in and eating clean. And after four weeks, the results started accumulating rapidly!

"I tell people now not to ever give up," shares Kim. "Stay consistent because if you completely change your lifestyle like that, you're going to notice a change. It's going to happen. Your body may just be a little stubborn, like mine was, and not want to change. But it will happen."

As you can see by Kim's photos above, she made some great progress over both Challenges. Kim started out at 137 pounds with 36% fat. In the first 12 weeks, she dropped down to 126.5 pounds with about 20% fat. Then she continued to get great results in the second 12 weeks, ending at 15% bodyfat.

And while Kim didn't keep track of her strength gains, she definitely got stronger. "I remember I was going up in weight, and I was definitely getting stronger. For one example, I always used the assisted pull-up machine because I couldn't do pull-ups. I've never been able to do pull-ups in my entire life. I started out with 90 pounds of assistance. And by the end, I was using just 40 pounds of assistance sometimes. Now, just a couple of weeks ago, I just got brave and decided to do real pull-ups. Unassisted. I was so surprised because I actually did five dead-hang pull-ups. I was like, 'Holy cow!' Then I did two more sets of those—I could only do like four and then three for the next sets. But I've never been able to do pull-ups and then I could all of a sudden do three small sets."

Now, Kim is no longer too ashamed to dress for warmer weather. "I wore shorts all summer, and that's huge for me because I literally had not worn shorts in years. I used to dread the summers because I couldn't wear shorts and would get so hot. I was just very, very uncomfortable every single summer. This last summer was really a pleasure because I was able to wear shorts, and I actually started wearing tank tops. I've never, ever worn tank tops in my whole life. I feel liberated. I can wear a lot more different clothing now than I could before and feel confident with how I look."

Perhaps most importantly, Kim now says she wants to participate with her kids in their activities. Whereas before she would just sit back and watch them play because she would be too tired. "I feel like I'm able to play with my kids more. I actually participate in their playing and in their activities," says Kim. "I get down on the floor with them, and we play cars and games, and I have much more energy when we go to the park or the zoo."

## Loving Support

Although Kim was competing in the 911 Ultimate Transformation Challenge, no one else in her office was. So she felt a bit like she was doing this on her own. With one large exception. Her husband, Damon. Damon continued to provide support throughout the Challenge and has continued to be her biggest fan. "My husband says I look like one of the girls on the cover of *Oxygen*. He's so sweet. I love him to death. When I had the photo shoot done in April—the first after photo—they called me back and took a bunch of extra photos, and he showed all of his co-workers at work. And we're both police officers, so the people he works with, I also work with. He thought it was the greatest thing and tells me all the time, 'you're hot.' He never used to say that. He's been so supportive."

## Staying on Track

With such a drastic lifestyle change, you might think it was difficult for Kim to stay on track. But she emphatically says it wasn't at all. Kim explains simply that as soon as she signed up for the Challenge, she got her fire back. That she got that competitive part of her back that had always been there but had just been shelved for the past four years.

"If I hadn't signed up for the Challenge, it would have been more difficult, but because I'm extremely competitive, and I knew I would be taking a before picture, I was accountable to an after picture," she says. "I wasn't going to give up. There were going to be some changes made. I was going to give 100%, and I wasn't going to give up at all. That was it. I knew I was going to take before and after pictures, and there were no ifs, ands, or buts about it. I just had to do it. I never worried

about staying on track. I never thought about quitting. It was just something I knew I had to do."

And the longer Kim stays on track with her new lifestyle, the easier it gets. "When I first started out, it was kind of an experiment about what foods can I prepare because I am not a good cook at all. So it was a matter of learning how to cook, learning how to prepare my meals, thinking in my head about what times I needed to eat. It's so much easier doing it now because I've been doing it. Now if I run out to the mall or I run out to the store, or if I know I'm going to be gone for half a day, I always have at least two meals with me. Whether it's pancakes I made with egg whites and oatmeal or a can of tuna in a Tupperware with some brown rice. Whatever it is, I make sure I don't run out the door without at least two meals with me."

## A Typical Day for Kim Bowser

- 07:30** » Meal replacement protein shake
- 09:30** » 6 egg whites, 1/3 cup old-fashioned oats
- 12:30** » Grilled chicken breast, vegetables or spinach salad with vegetables
- 15:30** » 8 oz plain non-fat greek yogurt with fruit
- 19:00** » 2 brown rice cakes with almond butter (pre-workout snack)
- 21:00** » Protein shake (Eat-Smart)

The above is a typical day for Kim, although many substitutions are frequently made. When putting meals together, Kim tries to have all three types of food incorporated: a lean protein source, a carbohydrate source, and a healthy fat source.

Examples of protein-rich foods that Kim eats on a regular basis: chicken breast, tuna, salmon, tilapia, turkey, greek yogurt, and egg whites. And while Kim doesn't particularly care for the taste of red meat, lean red meats are good sources of protein too.

The following is a list of carbohydrate-rich foods that Kim eats: vegetables (all kinds), sweet potatoes, brown rice, old fashioned oatmeal, quinoa, regular style yogurt, and fruit (typically blueberries, strawberries, raspberries, apples, or oranges).

Kim also makes sure she eats plenty of healthy fat foods, including nuts (almonds, walnuts, peanuts), avocado, olives, olive oil, and nut butters (natural almond butter or natural peanut butter, not "Jiff" or "Skippy" as they have added sugars and sometimes unhealthy fats. Even the "reduced fat" peanut butters have added sugars, so it's better to stick with the natural ones).

To really jump-start her transformation, Kim cut quite a bit out of her diet, such as white rice, white bread, white potatoes, cereal, pasta, anything

with the ingredient "high fructose corn syrup," all added sugars (check your list of ingredients, not the nutrition label), and sweets (cookies, pastries, chocolate, candy).

Regarding "cheat" days—a good rule of thumb is to follow the rules 90% of the time, and 10% of the time, eat whatever you want. So, if you're eating 6 meals a day x 7 days per week, that would be 42 meals. So, you could have 4 cheat meals per week if you decide to go that route. Keep in mind, this includes skipping a meal as well.

### Supplementations:

Kim used MX-LS7 and Curvelle with Eat-Smart throughout both Challenges. "I'm addicted to the Chocolate Peanut Butter Cup Eat-Smart," laughs Kim. "Mathias at iSatori laughs when I call him up and order... One time, I got the chocolate chip by mistake. And I wasn't going to send it back. But I was like, 'Mathias, I'm like a crack head. I have to have my peanut butter. I definitely want to try the chocolate, but can you please send me the peanut butter because I have to have it!' It turns out it was a good mistake anyway because I love the chocolate chip almost as much as I like the peanut butter."

Kim also started using MORPH during the second challenge and is still using it today along with Eat-Smart. And she'll add Curvelle or Lean System 7 if she feels like she needs an extra fat-loss boost. And she recently started using FLASH POINT and is a big fan of how fast it works.

"The products give me energy I need to work out," explains Kim. "The fat burners definitely help take off some of the extra fat. I mean, I couldn't have done it without changing up things. But I think the fat burners just pushed it over the top."

## A Positive Role Model

With Kim's new lifestyle, she's introduced her kids to fun, new activities. For example, Kim found it difficult to get to the gym on Saturdays and Sundays until she found she could take the kids with her. Now the kids go to the "kids gym." While their mommy's exercising, the kids go exercise at their gym—where they have a climbing area and other fun activities.

Kim shares how important it is to stay active and exercise—and why it's so healthy for the whole family. Kim explains, "The kids are so into it. They love to go to the gym!"

Then Kim found out about a kids race through the Children's Museum. "So my kids got to run their first race, and they had a great time! They got T-shirts, numbers, and even medals along with water bottles and a little goodie bag—just like you get when you sign up for something like a 5K," Kim says.

"Leading by example is so important," she adds. "I want to be a positive influence throughout their lives. I don't want to be someone they're embarrassed of when they're in high school. I know they'll have a little bit of that anyway, but at least I want to show them how to live a healthy lifestyle and show them we have to get our exercise regularly and we have to eat well—and there's no better way to do that than to do it yourself and lead by example."



## Next Up

Kim continues living her healthy lifestyle and setting higher and higher goals. Eventually, she plans to compete in bikini or figure. "That was something I always wanted to do," says Kim. "Years and years ago when I was in the gym every day, I always said some day I'd like to do a competition. I definitely lost sight of that when I went through my pregnancies and having my babies. I just kind of resigned myself to the fact that I was going to be a frumpy mom and had to give up the goals I wanted to accomplish. Well, that's not the way it is! You have to be happy with yourself to be a good parent and to be a good wife and to be good at everything else you do." 🙌



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