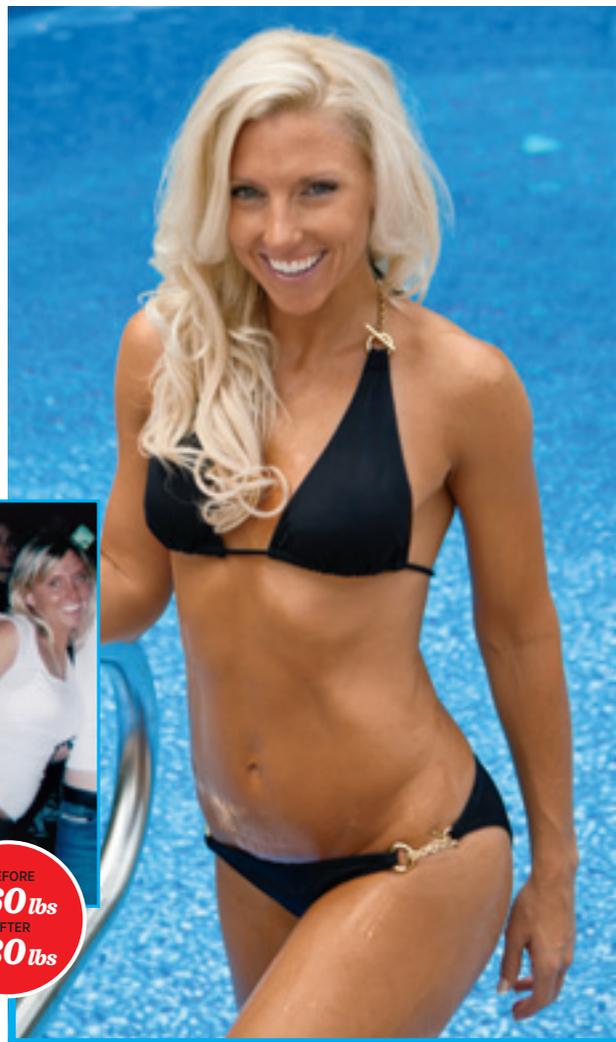


# From Partier to Fitness Pro

A shift in thinking helped Kyra Williams transform her body—and gave her a new career working with others to get fit and healthy

BY AMY SCHLINGER



BEFORE  
**160 lbs**  
AFTER  
**130 lbs**

**S**kinny was never a word Kyra Williams would have used to describe herself while growing up in Kernersville, NC. Her high school routine involved coming home, plopping in front of the TV, and mindlessly munching away. “I was very inactive,” Williams says. “My parents would try to convince me to join them on evening walks, but I had zero interest.”

Not much changed when she went to college—in fact, her health habits got worse. “I started partying a lot,”

Williams says. “It really slowed down my metabolism and added extra calories to my diet.” She also wasn’t used to cooking her own food, and turned to micro-wavable meals. Her poor eating habits and inactivity quickly translated to weight gain, and soon Kyra tipped the scale at 160 pounds.

## THE TRUTH HURTS

At 22, during a spring break at home, Williams was sunbathing by the pool when her father took a look at her stomach and asked what was going on. “I started to cry,” Williams says, “but his words also got me thinking about how uncomfortable I was in my own body.”

After graduation, she knew it was time to make a change. “I was working at a tanning salon, and we had an agreement with a fitness center: Their employees could tan for free if ours got complimentary memberships,” Williams says. “I decided to use that access to jump-start my weight loss.”

Intimidated by heavy lifters, she swore off the weight room and went straight to the elliptical machine. “Sometimes I’d stay on until it said I’d burned a thousand calories,” she says. “I figured if I burned

more calories than I took in, I’d lose weight.” Williams started eating less—but not healthier, with snacks like peanut butter crackers and 100-calorie cookie packs. **It wasn’t until she started cleaning up her diet—eating six times a day, and pairing protein with low-glycemic carbs and healthy fats—that she started to see results.** Williams quickly dropped from 160 to 140 pounds, but then hit a plateau.

## GROWING STRONGER

At 26, Kyra decided to work out with a strength coach, who started her on circuit training, including speed and agility drills plus cardio and strength intervals. “I didn’t think my body could really get any smaller,” she

says. “And then I dropped another 10 pounds.”

Inspired, Kyra started a website to share her progress, *thegetinshapegirl.com*. She also became a National Academy of Sports Medicine (NASM) certified personal trainer. Then website readers started requesting routines to do at home. “My boyfriend at the time told me I should make it a business,” Williams says, “so I began my online personal training company.”

At 32, Kyra now runs her training business full time and has participated in several bikini competitions and CrossFit challenges. **“Anyone can set a goal, walk away, and never think about it again,” she says. “But if you break it into manageable chunks, you’ll accomplish it.”**

### Kyra’s Daily Meal Plan

**Breakfast:** Omelet made with 2 whole eggs, 2 eggs whites, 1 cup spinach, 4 oz sweet potato

**Snack:** 2 hardboiled eggs, ½ avocado, 4 oz green beans

**Lunch:** Salad with spinach, cucumbers, tomatoes, ½ avocado, 4 oz chicken breast

**Snack:** Protein pancakes made with 1 cup egg whites, 1 scoop protein powder, 4 oz almond butter

**Dinner:** 4 oz bison burger stuffed with a handful of sun-dried tomatoes, onions, and mushrooms

### Daily Supplements

**Fish oil:** 1 tsp Nordic Naturals Ultimate Omega (with breakfast)

**Multivitamin:** 1 capsule Raw One for Women (with breakfast)

**Probiotic:** 1 capsule Now (in the afternoon)

**BCAA powder:** 1 scoop Xtend powder (during workout)

**Whey protein:** 1 scoop About Time (post-workout)