

Fitness Saved My Life!

A health scare finally got Lynn Howland to stop relying on good genes and start focusing on fitness. Here's how she discovered a commitment to health that changed her body—from a thin build to 128 pounds of solid muscle—and her life.

By Amy Schlinger

All her life, Lynn Howland never worried about what she ate. “I didn’t eat vegetables,” Lynn says. “I actually bragged about it to people.” As genetics would have it, her fast metabolism and slender build made her merely “skinny fat” on a bad day—lucky, considering the inactive lifestyle she led. Growing up in a small town in Iowa (pop: 1,200) with strict parents, Lynn was taught to focus on studying and good grades, while sports and extracurricular activities went by the wayside. “I was in my 20s the first time I ever walked into a gym,” she says, “and I had no idea what to do.” Adam, the owner of the gym, noticed that she seemed intimidated, and volunteered to help. Little did Lynn know that this gesture would lead to marriage.

THE DIAGNOSIS

Lynn and Adam got hitched in June 2001 and moved around a lot. Working out became a memory, and eating pizza and junk food was now the norm. When Lynn got pregnant in July 2004, she and her husband moved

back to Iowa. After five years and two pregnancies (and months of nursing), Lynn did a breast check. “It’d been years since I did one,” she says, “and I felt something on my right side.” Lynn visited her doctor to have the abnormality checked out, and to her surprise, the mammogram showed nothing on the right side—but she wasn’t so lucky on the left. The doctor detected Stage 0 cancer, meaning that it hadn’t left the duct

Lynn’s Healthy & Fit Diet

Breakfast: 1 cup oatmeal with whey protein
Snack: 1 cup Greek yogurt with ½ cup mixed nuts
Lunch: 4 oz chicken breast with 1 cup broccoli
Snack: ½ cup peanut butter with a handful of raisins smashed in it
Dinner: 4 oz ground turkey breast, 1 cup asparagus, 1 cup tomatoes
Late Snack: 2 cups cottage cheese

Daily Supplements

Whey Protein Powder: 1 scoop with breakfast
ErgoGenix ErgoPump: 1 scoop pre-workout
ErgoGenix ErgoShred: 2 capsules in the morning, 2 capsules in the early afternoon if dieting
ErgoGenix ErgoBolic: 2 capsules with ErgoShred
Vitamin C Chewable: 1 per day



BEFORE
115 lbs
AFTER
128 lbs



and spread to other breast tissue yet. However, cancer was all Lynn needed to hear. That day she made an appointment for a double mastectomy at the Mayo Clinic. After a successful surgery, Lynn learned that she carried the breast cancer gene, and fell into depression. “I didn’t understand how this could happen to a 33-year-old,” she says. “I stopped eating and dropped down to 110 pounds.”

FIGHTING FOR FITNESS

Lynn decided that if her cancer were to return, she would be in the best shape of her life to fight it. She researched the online fitness community, bought a few e-books, and followed their workouts religiously. She also joined the neighborhood rec center and went regularly. She started training individual

muscle groups with heavy weight for low reps. She also traded her high-carb diet of pizza and ice cream for veggies, lean chicken breast, cottage cheese, and ground turkey. The muscle quickly started packing on.

NEW OPPORTUNITIES

The only thing Lynn hadn’t explored yet was supplements. She tried a free sample and noticed fast, positive changes. Excited with the results, she posted a picture on her Facebook page and got many encouraging comments. One was from the supplement company ErgoGenix. They were so impressed with her that they made her an official spokesmodel. “For every message I get from women with breast cancer whom I’ve inspired, I get even more inspired,” says Lynn. “They keep me motivated.”