State of Nebraska wellnessoptions
Division of AdministrativeServices

Name: Kevin Lunt
Agency: Probation

Although my story is not nearly as dramatic as others, I hope it may serve to inspire some to continue to lead a healthy, active life or get back into the game, as the case may be. I have always been an active person. For decades, since about age 12, I've been involved in martial arts. In high school, I had a gym teacher who competed in the Iron Man triathlons in Hawaii. She inspired me to begin running and run I did; about 5-7 miles per day for a few years! I also had a friend who did the BRAN (Bike Ride Across Nebraska) for many years and he got me biking like 10-30 miles several times a week for quite a while. While at the university, I got involved in the fencing club and competed in a few tournaments. At about the same time, I began to compete in what would be numerous Tae Kwon Do and Karate tournaments over the span of many, many years. In fact, I qualified for a national martial arts tournament just a couple years ago. I trained with a guy that went on to win the Ultimate Fighting Championship and I trained under a former world champion Muay Thai kickboxer.

Over the years with my involvement in various wellness programs I've picked up some fun, cool items such as a free pedometer, free T-shirts, free movie tickets, several paid days off work and many years ago, I received a letter from the President's Fitness Challenge signed by Chairman Arnold Schwarzenegger!

When I hiked 19,000 feet up Mt. Kilimanjaro in Tanzania a few years ago, a member of our team was 72. I remember thinking to myself, "I'm going to be hiking mountains when I'm his age!"

Not long ago, I had a shoulder injury that sidelined me. I tried easing back my workouts, but it didn't get better. I quit working out and went for total rest, but it didn't get better. I did some homework and began a 3 times-a-day regimen of rehab exercises, along with consuming some great natural nutritional products and I got better! But not before my body fat passed the 20% level, my pants became a major struggle to fasten and I was feeling slow and heavy, with a fraction of the energy I had before. I was also told that my blood pressure was high. The difference I was feeling compared to the prior year was staggering!

Now, about a year and a half later, I'm getting back into fighting shape. I've cut my body fat by about a fifth so far and am working on getting my blood pressure back to more comfortable levels. I'm back doing pushup and pull-ups that I hadn't done for over a year, due to pain. I also swing around a 30lb kettlebell and that would have been unthinkable a year ago! I began training to do a couple of the obstacle runs that are growing in popularity around the world, this year. I'm presently doing over 55 pull-ups, 140 pushups and 160 squats several times a week and working towards some more crazy, extreme fitness feats such as 1-arm pushups, 1-arm pull-ups, handstand pushups, and 1 legged squats!

Since my recuperation, I've gotten P90x Qualified and will be getting a Certified Nutrition Coach designation. These will be nice complements to the Certified Personal Trainer and Certified Sport Yoga Teacher designations I presently hold.

Aside from having fun making and meeting my fitness goals again, it just feels good to hear all the compliments from people telling me how great I look. My pants are back to fitting like before and my energy and motivation is right, alongside my antioxidant level in the stratosphere!

NEBRASKA AdministrativeServices
State Employee Wellness & Benefits