

Stronger T



Lake City's Kyle Lammers and Megan Contini are each other's favorite workout partners

By **KAYLA LOKEINSKY**

(Cover and story photos by **KATRINA POGGIO**)

FOR MOST COUPLES,

their idea of spending time together consists of going to the movies or out to dinner. Kyle Lammers and Megan Contini aren't like most couples. On the weekends you can usually find them racing through mud or going on 30-mile bike rides. Fitness is the foundation of their relationship, and together they inspire others to get up and get moving.

The couple got started on their fitness journeys in different ways. Kyle, 33, was born and raised in Lake City, and he started working out at his hometown gym in an effort to lose weight.

"When I came out of college I was drastically overweight," Kyle said. "I was about 230 pounds and I just sort of came in here and piddled around and didn't really have any motivation."

Kyle started working out at Anytime Fitness in Lake City. He began by taking fitness classes, then eventually he was working out twice a day and eating healthier. Within a year he had lost 65 pounds.

"I just stuck with it," Kyle said. "It's gotten me into mud runs and triathlons and all kinds of stuff. I've just stayed active ever since."

Now, Kyle is a fitness instructor and personal trainer at Anytime Fitness, earning the job after the gym staff saw how much progress he made after losing weight. Through his work he is able to help others reach their personal fitness goals.

"When I lost all of my weight it kind of helped motivate me to help motivate other people to do the same," Kyle said.

For Megan, 32, her journey began after she signed up to do a mud run, a race that takes participants through a physically-demanding, muddy obstacle course.



(Courtesy of **KYLE LAMMERS**)



“I’m not going to lie, she carries me half the time on the runs. I want to stop and she’s just steady going. It pushes me even further.”

— Kyle Lammers on partner Megan Contini

“It was about a little over a year ago I started coming to the gym,” Megan said. “I had never really been to a gym before. I was motivated because my brother and sister-in-law do a lot of mud runs and I wanted to do one.”

Megan, who moved to Lake City from Sebastian, Fla. and is currently a pediatric nurse practitioner at Children’s Medical Center, soon realized that she had some work to do in order to prepare for the race.

“I signed up for it and found out that I was not able to do a lot of the stuff I felt like I should be able to do, so I was like, ‘I gotta do something about that,’” Megan said. “So I joined the gym,



met Kyle and started working out like crazy.”

After meeting at the gym, Megan and Kyle have been dating for nearly a year. Together they do a lot of Spartan workouts, which is what a lot of the mud runs consist of. Their high-intensity workouts vary from running in preparation for a biathlon or doing 300 burpees with various workouts in-between.

On the weekends, they put themselves to the test with biathlons, triathlons, mud runs and Tough Mudder events (a Tough Mudder is a 10-mile race with over 20 obstacles, all through the mud). The workouts they do during the week are all in preparation for race day, and they’re each

other’s biggest supporters.

“Just doing it together makes it motivating,” Megan said.

The couple pushes each other to finish the race and finish strong.

“I’m not going to lie, she carries me half the time on the runs,” Kyle said. “I want to stop and she’s just steady going. It pushes me even further.”

“I think it works both ways because the whole time I’m like, ‘I wish I could stop but he’s still going so I have to keep going,’” Megan added. Kyle and Megan plan to continue pushing each other and working together to complete any obstacles they face.