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Ryckman: Women on their way

The gender race is on to see who loses - weight, inches, body fat, bad habits - and wins



June 19, 2007

Presenting the hard-charging ladies team for our battle of the sexes, Rocky-style.

Lisa Ryckman email | bio
Our latest Rocky Fitness Challenge pits the women against the men in a three-month quest for a healthier life. That doesn't just mean pounds shed (although there certainly will be some of those). It also means inches off waistlines, lower blood-pressure readings, more lean muscle and less body fat, and better scores on the all-important fitness triad: strength, aerobic capacity and flexibility.

Now let's meet our team of intrepid women and their outstanding personal trainers, all of whom have donated their services:

Cari Herrera, 42, a teacher and mother of three girls, is training with Jen Lesea-Ames of Lakeshore Athletic Club-Flatirons. Cynthia Chavez, 27, who entered with her fiancé, Elvin Wells (a men's team member), will be under the guidance of Lauren Condell of Body Shop.

Condell also will be working with Ashley Pinkham, at 15 the youngest Challenger. Not fitting the teeny-tiny high school standard of body beauty has been tough for her.

"Having a personal trainer to help me develop a fitness program that is safe and inspiring would be the icing on the cake," Ashley wrote. "Without the icing or the cake, of course."

Josie Noble, 55, comes to the Challenge with records of determination and enthusiasm. Two years ago, Josie weighed just shy of 400 pounds; after two years in Weight Watchers, she dropped 150. Josie will be under the wing of Neil and Eileen Cestra of Healthy Woman Fitness.

Holly Cseh, 43, who will train with Brian Cooper of Lakeshore Athletic Club, decided that she wasn't going to let asthma and mild cerebral palsy keep her down.

"I would like motivation, encouragement, accountability and to see how far I can go in this challenge and what I'm really capable of," she wrote. "If I can motivate others with a disability to improve their health and outlook on life, that would be fantastic, too."

And finally, Neha Kothari, 42, whose husband, Purvish, wrote the letter for both of them.

"If you have only one spot left, please do select Neha," he said. "I believe she deserves to be a Rocky Challenger."

As does her loving hubby, a men's team member. They'll both be trained by Rudy McClinton Jr. of R-U-A Pro Fitness.

We'll be following them in the paper and



Ellen Jaskol © The Rocky

Our latest Rocky Fitness Challenge pits the women against the men in a three-month quest for a healthier life. That doesn't just mean pounds shed (although there certainly will be some of those). Personal trainers Neil and Eileen Cestra (above) have donated their services to help some of our challengers get healthy.

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Cari Herrera 42, teacher

Height: 5 feet 2 inches

Weight: 168

Waist: 34.5 inches

Blood pressure: 115/78

Flexibility: poor

Strength: good

Cardio: fair

Goals: establish a fitness program and nutritious eating habits for my family; run an 8-minute mile and have a drop-dead "after" photo.

Trainer: Jen Lesea-Ames, Lakeshore Athletic Club, 303-729-4300

Cynthia Chavez 27, store manager

Height: 5 feet 5 inches

Weight: 201.6

Waist: 42 inches

BP: 128/84

Flexibility: average

Strength: good

Cardio: average

Goals: Get toned and flexible, be able to run for a mile without wheezing and feel better about myself.

Trainer: Lauren Condell, Body Shop, 303-653-4255

Neha Kothari 42, homemaker

Height: 5 feet 3 inches

Weight: 170.2

Waist: 36.5 inches

BP: 135/90

Flexibility: average

Strength: average

Cardio: average

Goals: To lose weight and inches around the waist, get my blood pressure under control and be able to enjoy outdoor activities.

Trainer: Rudy McClinon Jr., 720-323-2239

Josie Noble 55, accountant

Height: 5 feet 9 inches

Weight: 251.5

Waist: 43.75 inches

BP: 12 3/79

Flexibility: very poor

Strength: poor

Cardio: fair

Goals: flexibility, toning, strength, continued weight loss

Trainers: Neil and Eileen Cestra, Healthy Woman Fitness, 303-394- 9000

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Ashley Pinkham 15, student

Height: 5 feet 8 inches

Weight: 186.8

Waist: 45 inches

BP: 11 8/82

Flexibility: good

Strength: average

Cardio: average

Goals: lose weight and get stronger so I can gain confidence

Trainer: Lauren Condell, Body Shop, 303-653-4255

Holly Cseh, 43, customer service rep

Height: 5 feet 1 inch

Weight: 163.8 pounds

Waist: 38.5 inches

BP: 10 8/74

Flexibility: very poor

Strength: fair

Cardio: very poor

Goals: proportionate weight, increased muscle strength, flexibility, stability, stamina

Trainer: Brian Cooper, Lakeshore Athletic Club, 303-729-4300

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About Lisa Ryckman

Lisa Ryckman is the health and fitness editor for the *Rocky*. To read her columns, [click here »](#)

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