

Ashley Spriggs Sept 4, 2014

One body. One life. One chance to shape-up!” Ashley Spriggs answered the call to action from Special Olympics and “Shape Up Kansas” in 2014. After embracing the lessons she learned as part of the 10-week fitness/wellness program, Ashley is 100 pounds lighter and feeling great.

Ashley has worked out at least 5 days a week on a stationary bike. She “rode” all the way to Key West, Florida (1590 miles) and was rewarded with a gift certificate of her choice. She also “rode” to Dallas (366 miles) – and the reward was an actual trip to Dallas to see her favorite team, The Dallas Cowboys play football! Ashley is delighted with her weight lost, and tells everyone to “stay with it, because hard effort will get you results”. The hardest part? “Being around people that are not on a diet or working out, and I had to learn to block the cravings out”, Ashley said. She also attends a nutritional class from KSU extension office set up through the Bike 4 Life Program with her local team.

Ashley, a softball player in Kansas who has been competing in Special Olympics since 2005, is one of the 164 athletes in Kansas who signed up for Shape Up Kansas in the second year of the Healthy Communities initiative. Special Olympics Kansas has teamed up with the YMCA and other organizations to offer this year-round fitness program intended to increase the fitness level of athletes, family members and coaches through the promotion of healthy lifestyle habits.

NOTE: Ashley Started with the Bike4Life program and followed that into Shape Up Ks. She is also a part of the partnership with the Kstate extension that offers cooking classes for our Healthy Communities Programs. Bike4Life and Shape Up Ks are under the umbrella of Healthy Communities as is our cooking program

