



Ever wonder what an Olympic ice dancer looks like 34 years later?

By
Stacey Smith, M.D.

When I was growing up, no one – not my parents, coaches, anyone – said a word to me about fitness. They didn't need to. I was skating three to four hours per day during the week and five-plus more on Saturdays and Sundays. This was all any kid needed to stay in peak condition.

When I retired from competitive figure skating after the 1980 Olympics, I became gradually more sedentary. Instead of skating at the rink, I was spending more and more time sitting at a desk – studying, first in college and then in medical school. Next came marriage, two children, residency in psychiatry, and then private practice in psychiatry.

My new life after skating was stimulating, challenging and fulfilling, but my fitness suffered. I missed feeling fit and wanted to be a good model for my patients and my children. I didn't like what was happening. I belonged to a gym, but would find reasons why I was too busy to go. I was slowly putting on weight.

Then about seven years ago, I saw an ad for 20 Minutes to Fitness. It claimed their medically-based methods and specialized equipment could restore me to fitness in one 20-minute workout per week. My first thought was that it could not possibly work. I thought about it for two years, and then learned that two of my friends trained there.

I decided to give it a chance. I like to call it the complete no-fail plan. There is nothing to join. Your first session is free. It's affordable, and the schedule flexible. There is no more efficient way to exercise, and there is no one too busy for this routine.

After two or three sessions, I was hooked, and signed up for a dozen workouts. Five years later, I'm still at it, and feel great. I've subsequently added yoga and other activities to my routine.

As a physician, this workout appeals to me on many levels. It's safe and offers meaningful health benefits for anyone who does it, no matter what shape they are in.

In my case, I credit 20 Minutes to Fitness for getting me over-the-hump and back on the path to being fit. It helped me reclaim my physical self, a joy in itself. Thank you, 20 Minutes!

NOW - Dr. Stacey Smith,
Psychiatrist in private practice
St. Louis, Mo.

THEN - Stacey Smith, Co-captain,
1980 U.S. Olympic
Figure Skating Team
(here with her skating
partner, John Summers)



About the author: Dr. Stacey Smith, three-time U.S. Ice Dancing champion, was co-captain of the 1980 U.S. Olympic Figure Skating team. A 20 Minutes to Fitness client since 2009, she is today allied with Washington University's Department of Psychiatry and is a psychiatrist in private practice.

For more information on 20 Minutes to Fitness, call its studios in Clayton (314-863-7836) or Chesterfield (636-536-1504) or visit 20MinutesToFitness.com.