

The Southside Times



face to face

Southsiders answer the question,
"The last Sunday in July is Parent's Day.
What is the best advice a parent gave
you when you were young?" **Page 4**

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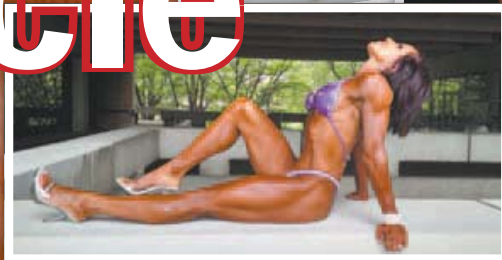
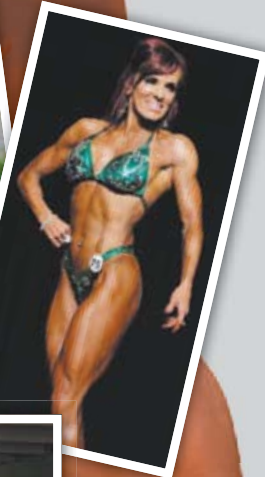
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Greenwood's Paula Hornback
transforms her lifestyle and
inspires others as a figure
competitor and trainer

Mind over Muscle

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GOVERNMENT WATCHDOG

Greenwood revises
storm water regulations.
Southport to celebrate
National Night Out on
Aug. 4 with free,
family-friendly activities.



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THE BRICK RACE 2015

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Mind over Muscle

By Nicole Davis

Greenwood resident Paula Hornback competed in her first figure competition in 2011, winning overall champion in Ms. Great Northern in Kankakee, Ill. — at 43 years old. Through the past four years, she's continued to not only improve upon her own fitness transformation, but train others in their health and fitness goals as well.

Now 48, Paula recently completed her last contest for 2015, the Indiana State Championship in Anderson. This competition is a qualifier to be as a national level figure competitor, a title she had already earned.

"I have a lot of people ask me how I do what I do, how do you work out and eat right all the time?" Paula said, "I say it's the discipline muscle, which develops with time and consistency. When people fall off the wagon on their diet or fitness program, as long as they get back up and on that wagon they will grow that discipline muscle. It's harder to get back up on the wagon than it is to fall."

Paula, who was born in California and grew up in Fishers, Ind., started a fitness spa in 2006 in Brownsburg. She had to close it in 2008, calling her longtime friend, Jerry, to help her. The two married a year later, moving to the Center Grove area in 2009. She started her health and fitness transformation in 2010 after being inspired by another person at the gym who was very fit.

"I started wondering if I could do that myself," she said. "It's never too late. Age is just a number. We have one life to live. It's just making the choice."

Paula said that she has enjoyed the transformation of both her physical and mental self. She has two children and one grandbaby. She said she can remember a time that she and her daughter would be excited for a Friday night when they'd watch TV and eat



Photo by Nicole Davis

Above: Paula and Jerry Hornback. **Upper Right:** Paula is pictured from her 2011 competition where she won overall champion, Ms. Great Northern.

a pound of M&Ms. Her outlook has changed to see food as fuel and not as a treat.

"You have to experience it and do it in order to help someone else," Paula said. "I love helping people hit their fitness goals."

In addition to working as-needed as a respiratory therapist, Paula has a home gym where she works out and trains clients in her business Body Design by Paula, bodydesignbypaula.com. She customizes plans to help her clients meet their individual goals and holding them accountable.

"People tend to give up too soon," she

Greenwood's Paula Hornback transforms her lifestyle and inspires others as a figure competitor and trainer

said. "I'm not a counselor, but with my experience with life and all of the struggles I had to go through to where now I'm a national figure competitor, I take all of that experience and motivate them. A lot of time it's not about the food. It's about the emotions behind the food and why we eat. It's getting them to appreciate their bodies; they can move and get in shape. There is no cookie cutter program. Everyone is different. It's about finding what works for them."

Part of Paula's plan for herself includes meal prepping. She uses ADVOCARE supplements and makes sure to eat six to seven meals per day. She lifts weights five days of the week, does cardio three to four days a week and she and Jerry will go on an eight to 10-mile bike ride around their neighborhood each night.

"Many people that don't even know her come up to her and tell her she is an inspiration to them to be disciplined, work hard and achieve personal goals," Jerry wrote in an email. "I think many more people can be inspired by her story and the way she lives her life if more people knew about her. She is an avid believer in church, health, fitness and nutrition."

Time and consistency is the key. Paula said she realizes it that the results she wants will not come easy. Her goal is to continue building her figure, so she has no current plans as for her next competition — although she said a qualifying competition could be in the near future.

"At this point in time, I decided to take some time off, continue to build the areas that I need to build," Paula said. "It goes back to time, consistency and patience, not getting too excited too quickly. We'll see what happens in the next couple of years. I'll be 50, so I'll be excited to see how I look in two years."



Paula's tips to better fitness

- Start your day off right with a high protein breakfast.
- Limit sugar.
- Once, twice a week I prep my food. So when you're hungry it's ready. Most people go for what's quick and easy and that's how we get into trouble. You have to plan.
- Get walking. I always take a 30-minute walk in the evenings after dinner.
- Be consistent.
- In four to six weeks, add another change.