



## Shape Up! Jill Robertson



Last winter during a snowstorm, Jill Robertson was searching the internet for new ideas on how to lose weight. She ran across the Arasy's Shaping System by accident. After an extensive amount of research into the company and their technology, including traveling to Oklahoma where the nearest machine was to test it out, Jill talked to many people about bringing the Arasy's to Lincoln. In April of 2007, she decided to go for it and, in July of that same year, Shape Up! opened. Shape Up! utilizes the Arasy's Shaping System, which targets the nerve in control of the muscle, resulting in a full muscle contraction. An Arasy's workout not only burns fat while building muscle, it also increases stamina and metabolism and reduces cellulite. The Arasy's is the only machine available with this technology that is FDA approved.

**Tell us about your family.** - I am a single parent with three kids. My youngest daughter just graduated from high school and is going to Doane College to play volleyball. My youngest son just moved back home with me from the Air Force and is going to UNL. My oldest lives and works in Lincoln.

**What do you see as one of the biggest turning points in your life?** - Going back to college and getting my bachelor's degree in my 20s.

**What are you most proud of?** - Taking the risk to start Shape Up! It has changed my life in so many ways. I lost 13 inches in my abs in 10 sessions. It has made me much more confident in every part of my life.

**What is your favorite thing to do on a day off?** - Relaxing by my pool in my back yard.

**What is the most unique or interesting thing about you that most people probably don't know?** - Most people don't know that I was painfully shy until my late 20s. Thank goodness I grew out of it.

**What is the one goal you would most like to accomplish?** - I would like to purchase another machine that the company makes. It is called the Perfector. It is truly the easiest "face lift" there is. It irons out the wrinkles (even lifting the jaw line) and regenerates the cells beneath the skin surface to sustain the diminished wrinkles. There is no pain, no down time, no redness...just results.

**Who has been the most important person in your self-development?**  
- The person I have worked for three different times in my life. He always believes I can do almost anything.

**How would your friends describe you?** - This question was hard to answer, so I called one of my friends and asked her. She said I was smart, determined, loyal and hardworking (I didn't even have to pay her for that!).

**What is a talent you have that you don't use in your career?** - The one talent I no longer use is my ability to solve complex systemic problems. I miss the challenge, but not the stress.

**What is the talent you would most like to have?** - The ability to be super organized!

**What is the last good book you read?** - It has been a long time since I have had time to read a book. I tend to read articles in magazines instead.

**Favorite Movie** - The Notebook

**Favorite TV Show** - Desperate Housewives—the perfect way to make myself relax on Sunday evening.

**Favorite Local Restaurant** - Granite City—the dip for the french fries is amazing.