

PHOTOS BY LISA HUGHES



SLEEK. Renovating his kitchen gave Dave Lindahl incentive to work on himself in turn.

New kitchen, new body

A stylish renovation leads to a successful resolution.

by **Erich Van Dussen**

It's more costly than a treadmill and can't be stashed under a bed when company shows up. But when it comes to losing weight, a new kitchen could be worth its weight in gold-plated Ab-Masters. At least that's the experience of Dave Lindahl, whose remodeled kitchen was the catalyst for remodeling himself.

The Rochester native moved in 2005 from Irondequoit to a home in Corn Hill, loving the neighborhood but hating his kitchen. "It was horrible," he recalls of the nine-foot square room with fixtures and appliances dating back

to the house's 1980s-era construction.

He chose Norbut Construction to update the space, then proceeded to eat out every night during the chaos of renovations. "I couldn't eat at home—I had no kitchen at all for a while," he says. The steady diet of rich food prompted him to reconsider his 245-pound frame ... and subsequently led to an even more personally rewarding renovation.

Once the kitchen was finished, Lindahl hired a personal trainer and received instructions to record everything he ate in a journal and to eat every two hours: smaller meals, more often.

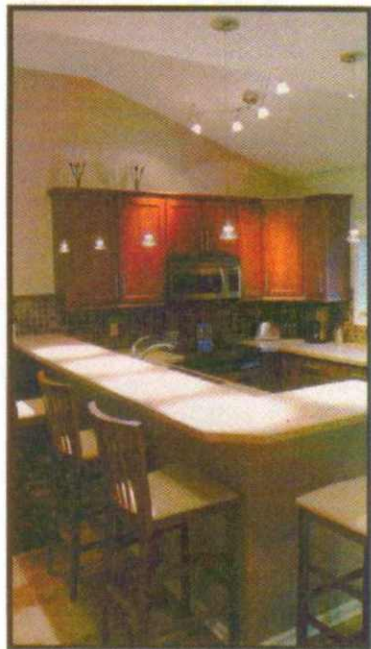
"The personal trainer motivated me to work out, but I think the diet was even more important for me. And the kitchen provided a nice atmosphere to make my plan happen," Lindahl says of the expanded room with good lighting, a large island and a flat-screen television mounted to one wall. "I would really look forward to making my dinner every

night, and in the morning I would make my breakfast and all my snacks for the day. It sounds like a simple thing, but the environment made a big difference."

Coupled with free weights and innumerable bicycle rides along the canal path (another Corn Hill perk), Lindahl estimates that he lost roughly half a pound a day for three months—dropping to 182 pounds before leveling off in the low-190s today.

Now 37, Lindahl works as a principal investigator for a grant-funded library technology project at the University of Rochester. It's a job that involves frequent traveling, and while eating in out-of-town hotels and restaurants might once have taken its toll, "now I think my body is better able to handle the changes." And if not, he always has his new kitchen—and new life—to come home to.

Freelance writer Erich Van Dussen lives in Rochester.



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