

## April 2014 BP Fitness Member of the Month:

### Theresa Direnzo

*Thank you Theresa for your consistency and dedication to the BP Fitness Center! We are proud of you!*

Congratulations to Theresa Direnzo for being selected as our Member of the Month for April! Theresa started her fitness journey to lose weight and improve her health at the end of 2013. Since then, Theresa has been a regular at the BP Fitness Center working out 4-5 times a week, every morning and sometimes evenings as well. Cardio is what Theresa enjoys the most, especially walking on the treadmill or around the BP campus. Exercising has improved her overall confidence, energy and life which has made her become a much happier and healthier self. With the support of her husband, kids, training buddy-friend (Candy Arquiett) and trainer (Laura Vossler), adding exercise to her life has made her feel like she is ready to tackle anything that comes her way!

Theresa continues to improve her health by adding a mix of strength training and cardio to her daily workouts. "Strength training can sometimes seem boring," Theresa admits, which has been one of her biggest challenges since she started working out. However, personal training changed her perception. Theresa and Candy started buddy training with Laura in December of 2013 and it has been one of her favourite programs that is offered here at BP! It has given her the opportunity to learn how to exercise correctly and effectively and has helped her set long term fitness goals. In addition to exercise, Theresa believes that diet is also very important to living a healthy lifestyle which is why she is a member at Weight Watchers. Weight Watchers has helped her better manage portion sizes and also become more educated with nutrition. She has cut back on high fat foods as well as sugary carbs and is now more focused on including fresh fruits, vegetables and lean protein in her diet. With the help of Weight Watchers and exercising daily, Theresa has lost 30 lbs, decreased her blood pressure and made drastic improvements in her overall health. Her stamina, self-esteem, concentration, confidence and energy have all improved and she enjoys living a healthier lifestyle.



Theresa continues to work towards her goal of maintaining a healthy lifestyle and weight loss by following these 3 simple daily tips –“ Do some sort of cardio every day, add more fruits, vegetables and lean protein and also watching portion sizes with carbs”. Taking daily vitamins is also very important as well as constantly mixing up your daily workouts. She says that “changing up my exercise routine daily helps me stay focused,” which is what keeps her constantly motivated to workout. Theresa is continuing to accomplish goals and become stronger and healthier every day. She enjoys running 5K’s with friends and loves how proud her family is of her accomplishments. So...what’s Theresa’s fitness Philosophy? “Have fun! --Don’t give up, mix it up and have fun! It’s well worth it.”