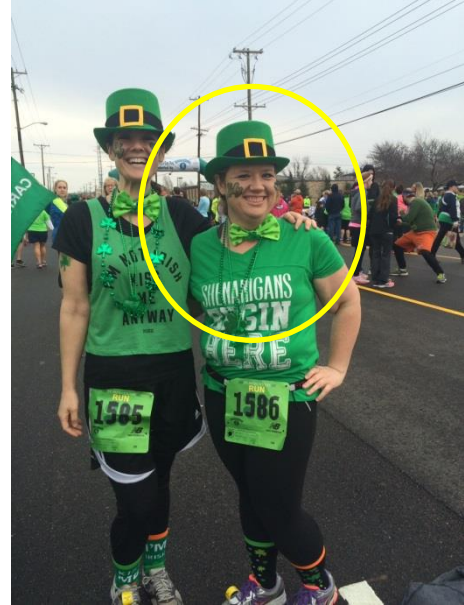


Melody Ruddell

April 2015 Member of the Month

Congratulations Melody on becoming our April 2015, Member of the Month!

Melody began her fitness journey after realizing that it was time to make a change in her lifestyle and finally decided to do something about it. Ever since making it a point to attend the Helios Fitness Center a couple times a week, she has now become a regular :) Melody enjoys interval training and has learned to hate the treadmill a lot less! Exercise has helped Melody's self-confidence partly because of weight loss but even more importantly because of the sense of accomplishment from reaching her goals. "I'm stronger; I've been able to take on more difficult fitness challenges than I ever



anticipated." Melody has recently ran two half marathons and her goal is to continue to improve her time on her upcoming 5k, 10k and her next half marathon. One of the biggest things that Melody learned is to change her mind set about exercise and realize it doesn't have to be a necessary evil—it can actually be enjoyable! Her biggest challenge has been to make working out a priority with work and social commitments, however, her support group has been a big help to overcome this challenge. "I have so many friends and family members who have cheered me on but the people that I work with have been my biggest supporters on a daily basis. They have encouraged and inspired me every step of the way." Melody has also been able to inspire many of her co-workers and friends as well to reach their own personal goals. Even though she hasn't met her weight loss goal, she is much closer than she has been in a long time! One thing that has really helped Melody lose weight and stay on track is the Myfitnesspal app on her phone. "It has helped me to make healthier decisions about what to eat." At the end of the day, it comes down to being able to enjoy life for Melody. She enjoys a good run with her running group and catching up with friends on her down time. Melody's fitness success has inspired many and has become a huge part of her life now. Her favorite fitness quote that inspires her the most is "the more I run the more I love my body. Not because it's perfect, far from it, but because with every mile it is proving to me that I am capable of more than I ever thought possible."