

April 2016 BP Fitness Center Member of the Month: Pinky (Graham) Vinson



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

Congratulations to Pinky Graham for being selected as our Member of the Month for March! He has been a member since 1989. When he joined the gym he felt it was time to make a lifestyle change and get back into shape!

Pinky is one of our most dedicated and supportive fitness center members. He makes a point of getting to the gym every day. In doing so, he feels younger and better than ever! He loves being able to do all activities in his spare time with ease. "It doesn't happen by magic, you must commit and stay committed to achieve a goal", says Pinky. His favorite machines are the bicep curl machine and leg press. He likes to "show off big guns and quads!"

His biggest challenge since becoming a member has been balancing "being social" and getting his workout done. "I like to talk, but got to get the work done as well." One of the reasons he loves coming to the fitness center is the staff. Mike and Jason have been very helpful in making sure he does things the right way. "Of course, there is no fitness center without Sheila's long standing dedication and support", says Pinky. Outside of the fitness center he has a love for golf, hiking, motorcycles and cars.

Since starting exercise he has had great doctor reviews. The doctor always comments on how great his numbers are in comparison to men his age. "He thinks I am a stud." One of the ways he has gotten there are through changes in his diet. He has converted to a high protein, minimum carb eating plan. Some of the things that have worked in helping to maintain his healthy eating habits are: establishing a goal and staying committed. Limiting high carb snacks and ramping up his aerobic activity --with heavy use of rowing equipment has also worked. "If you are not ready for a change, it will not work", says Pinky.

In the last 90 days, Pinky has lost 18 pounds and is now at his goal weight. His reward is the smile he puts on his face when he looks down at the scale. He also likes it when folks ask "have you been losing weight?" Exercising at lunch is a huge de-stresser for him. It allows him to split the day into two distinct halves.

Congratulations again Pinky for being our member of the month. Your hard work and dedication are admirable. Keep up the excellent work!