

Leo Williams – Member of the Month December 2015

Congratulations to Leo Williams for being December's Member of the Month! Leo is a prime example of what consistency can do for the body. You can find Leo in the Helios Fitness Center at least four times per week doing everything from lifting weights to riding a spin bike. He has even gained a close group of friends and supporters with the staff, his trainer Laura, and other members. This extra encouragement helps him to stay consistent with his goals.

Leo says he found out that he was pre-hypertensive and quickly realized that he wanted to stop this from becoming a future issue in his health. He decided to set a weight loss goal for himself and hasn't looked back since. While Leo loves the workout aspect of fitness, he has also learned that a proper diet is just as important if not more. Since beginning his journey, Leo has focused on eating the basics such as fish, chicken breasts, brown rice, and veggies. He also enjoys his post workout protein shake to feed his muscles after an intense workout. One tip that Leo offers to others when it comes to nutrition; watch your portion sizes. Even eating too much healthy items can wreak havoc on your waistline.

When looking back on what a healthy lifestyle has done for him, Leo is proud to say that by being an active fitness center member he has become more confident with all aspects of life, has an increased self-esteem, and notices that he even stands a bit taller as his posture has improved. Leo has also noticed a difference in his daily work. He states that he has more energy throughout the day, becomes less stressed when things get busy, and his communication with co-workers has improved. By being active in the fitness center, Leo has taken his improved health outside of the gym, and into his personal life. He is now more motivated to play tennis, go for a walk, and spend quality time with his family.

With all of his hard work, he also takes time to reward himself for meeting goals. His favorite way to reward himself is to buy more workout clothes or a nice outfit. Instead of rewarding himself by being unhealthy, this allows him to enjoy his fitness achievements and look good too! He has already met his initial goal for weight loss and has decided to go for more. He plans to reach his new goal by completing four full body workouts a week and, of course, adding in cardio.

So again, congratulations to Leo for being such an inspiration to all and becoming the December Member of the Month. We hope his story will inspire you to stay motivated and reach for the stars too!

