

Justin Debord



Congratulations to Justin Debord for being December's Member of the Month! There are several reasons why Justin exemplifies this deserved honor and it starts with the developed exercise philosophy that has changed from when he started working out at the BP Fitness Center in WL4. "My philosophy has been changing since I started this journey – before it was, if I show up that's good enough, fitness by osmosis I guess." He continues with "Now I know I must show up, dig deep and focus on completing each workout one at a time. I don't look at the week of looming workouts. I just get there and knock it out. It sounds trite but personal fitness is gained one workout at a time. By doing this, I create health in all other areas of my

life and expand the possibilities of what I can do, where I can go and how I feel getting there. This is one of the few areas in your life where you are in complete control and the results at the end are due solely to your effort and hard work. Luck doesn't count here. It's hard and there is some sacrifice (sleep, cake, smelly gym shoes) but it's an accomplishment that drives success in all areas of your life." You can't get much better than that!

Since the beginning of the year, Justin has already been to the fitness center 167 times! His attendance ranks in the top 2% for total fitness center members this year. This dedication comes from a lot of motivation that is new to Justin. There have been a lot of changes in recent times with a new job, a new car, and a new attitude towards what he was willing to accept from a health standpoint. Before joining, Justin was feeling easily tired, sleeping poorly, eating poorly and was not feeling charged, energetic and healthy like he desired. Once he saw and realized there was an on-site fitness center available at BP, he felt it was a great opportunity to change his lifestyle.

This dedication and attitude adjustment does not come alone. Justin has tremendous support from his family to allow him to get to the gym every morning before work. By doing this Justin says he feels like he has accomplished a great deal even before sitting at his desk. It allows him to have a great amount of enthusiasm in his daily work and a good charge throughout the day to accomplish things. "A positive attitude is key to working well with others and getting things done and my exercise routine helps with that immensely."

Although dedicated, challenges still remain for Justin, who says “eating well” is always the biggest. However, he realizes that he needs a community of people around him to keep him working hard and accountable to his fitness goals of gaining more muscle mass and trimming down his body fat percentage. “I’d always work out in isolation and never made gains. Here, I’ve utilized the personal training and have made an effort to connect with other regulars at the gym. That sense of community and shared goals drives me to continue to show up.”

Waking up early and hitting the gym is not the only thing Justin likes to do. Mountain biking, hiking/camping at the parks around Texas and socializing with his neighbors and friends are all activities that Justin enjoys.

Justin has some advice for other members who are looking to accomplish their goals in the future, “Use a trainer to keep you from slacking, be consistent by finding a time that works for you every time (I work out at 5:30AM as there is rarely a reason to miss it) and mix it up a little – I bike/boot camp and lift weights, but hate running. So I mix it up between those and rarely run. Exercise is hard but should be enjoyable.”

Congratulations again Justin Debord!