

February 2016 BP Fitness Center Member of the Month:

Jordan Sammons

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

Congratulations to Jordan Sammons for being selected as our Member of the Month for February! "Having this wonderful benefit of a fitness center on site going unused year after year" is what finally got Jordan to go in and get signed up! Since joining he has lost 40 pounds!

Jordan works out in the fitness center 3-5 times a week. Exercise and fitness has had a huge impact on his self-esteem. He feels more confident in his own skin due to the strides he has made. His goals are to continue to get stronger and leaner and--try to maintain a healthy lifestyle. He has learned a lot about health and fitness. "From what I eat to the workouts I perform and the supplements I take, there is so much useful information out there", says Jordan.



The biggest challenge he has faced are the plateaus. Whether it be the weight loss plateaus or the strength building plateaus, keeping at it and pushing past them is always the biggest challenge. I have to give a lot of credit to my wife for continuing to push me in the right direction. But more importantly to Jason Hebert for continuing to work with me, teach me, support me and push me in the gym to get to get the most out of every time I step into the gym.

Before starting at the gym, Jordan was outside the established norms for many health areas, including--blood pressure and weight. Since working out at the fitness center, all of his blood work is "right down the middle, blood pressure is normal and my weight is significantly more in line with my body type. I eat clean and I manage my recipes though MyFitness Pal to help with portion control and calorie counts."

What worked for him was to start with a nutrition program like My Fit Foods. From there he was able to learn about proper portion sizes, types of foods to eat and also develop a structured nutrition programs to help achieve his goals. To assist with this he continues to work on consistency and maintenance. "I try to keep eating clean, visiting the gym multiple times a week and overall just making healthy lifestyle choices".

The nutrition tip he would offer is --to spend some time and learn about what you are eating. His rewards come in achieving a milestone. To him there is nothing better than reaching that goal weight or being able to lift that target set. Just being able to say "I did that" means so much more to him than anything else. "I still go out to restaurants and do the things I have always done, but with a more mindful eye of the impact it has on my health". What is Jordan's philosophy? Go heavy or go home! Work in some cardio to build up stamina. The number one thing is "don't be afraid to fail." Failure is part of the game. Working out is about establishing your limits and working hard to push past them.

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

