

July 2015 BP Fitness Member of the Month:

J'ai Watson



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

Congratulations to J'ai Watson for being selected as our Member of the Month for June! J'ai joined the Fitness Center just over 1 year ago and has had to over-come pain from old injuries while exercising. Since then she has increased her strength and stamina as well as decreasing her body fat percentage. Her goal is to maintain an overall healthy lifestyle!

The decision to join the fitness center was based on the fact that she could conveniently work out 2-4 times a week --considering it is on campus. "Exercising always helps me feel more positive about myself", says J'ai. Health and fitness have always been a part of her life. Family, friends and her trainer are her biggest supporters. While she doesn't necessarily enjoy doing cardio, training with Jason Hebert has helped her through it.

When it comes to nutrition, J'ai has learned to reduce the amount of carbohydrates she ingests as well as sweets. She is still working on losing another 2% or so of body fat. Some of the things that have worked for her are eating the correct size portion, eating a ton of green vegetables and lean meat and instead of having cereal for breakfast she eats boiled eggs.

One of the ways J'ai rewards herself for accomplishing her goals is by have a cheat meal. She does this by "instead of eating a sleeve of oreos, eat 2"! Outside of work she likes to play sand volleyball, attends sporting events and plays with her dogs. Her workout philosophy is "go until you "think" you cannot go anymore and then try anyways!"

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