

Karen Baribeault

This month's Member of the Month is Karen Baribeault. Karen has been a member of the BP Fitness Center for many years. Originally she was motivated to join by the facility convenience and the free training offered. Currently her fitness regimen brings her into the center 2-3 times per week.

Karen loves the confidence and energy fitness and regular exercise bring to her life. Current fitness goals are to maintain her present weight, get 10,000 steps per day and continue her regular gym visits. This means exercising with friends (rather than eating out or happy hour). Fitness and health is a lifelong journey that is different for all of us. Karen found her own personal formula for success and steered clear of options she didn't think would work for her. It is important to have support for a healthy lifestyle and she receives hers from her husband, her co-workers and Josh (in the Fitness Center). The most priceless motivation she receives, however, is having the people she knows get giddy when they see the transformation she's made!

No worthwhile process is easy. Although the planning and focus can sometimes get boring, she loves the muscle she can now see and how light and energized she now feels moving around. Some of her favorite fitness activities are the assisted chin/dip machine in her strength routine, Kathy's muscle conditioning class, and Lola's Zumba class. Outside of fitness, Karen also enjoys car events like autocross and car shows-- as well as playing cards with her mom.

Karen has lost 41 pounds in 46 weeks! Initially she had a lower carb eating plan that helped her lose the pounds. She has now been at her goal weight for 4 weeks! 2 more weeks and she will be a life-time member of WeightWatchers and will never have to pay fees again (nice!). Now she rarely eats fast food, spends more time planning and prepping her meals (than eating) and keeps closer track of how many times she eats out during the week. This includes team lunches and happy hour appetizers. Her focus is now on having consistent, quality meals, getting rid of processed foods, trying to get spinach into every meal and having a high protein/high fiber breakfast each day. She likes to think of it this way: "There are 21 meals/week. Each meal = 5% of the total. If I eat at home and make the right choices 80% of the time, my grade is a B. That means I can eat 4 meals out each week to keep my grade at a B. "

Karen also believes it is crucial to push herself out of the office to regularly attend muscle conditioning and Zumba classes. "Those classes are just as important as finishing a report and getting through my email." She sums up her fitness philosophy quite simply: **Don't do it alone!** " It's boring and I don't push myself as hard as I do when I'm with others. Meeting with Josh monthly, going to classes and meeting friends at Memorial Park to walk/jog are a whole lot more interesting than going from the treadmill to the



machines. I get bored and can't stick with a routine, so I need to mix it up and have someone who expects me to be at the park each week."

Rewards for progress are a big part of success. For Karen this means Starbucks non-fat lattes, Lulumon yoga pants and new clothes! She definitely has earned it! Nice work Karen! Thank you for being a great role model for the rest of us!