



Congratulations to Marie Vaziri for being June's Member of the Month! Working out here at the Fitness Center has become Marie's passion for the past couple of months. The Fitness Center is not just a place to exercise anymore for Marie; it is a place to reenergize and feel refreshed. Marie's philosophy that has helped her through is as follows: "Work out for the joy of feeling your body's efforts. Take the time to focus on the fluidity of movement and be grateful for the vessel you're in."

Marie's journey here at Helios began soon after she finished 3 months of physical therapy for some health issues. Her biggest goal when she joined was to improve her quality of life and live a healthier lifestyle. But Marie has found so much more. Marie started personal training with one of the trainers and taking class on a consistent schedule. Within just a few short weeks, she was able to increase her strength, stamina and confidence, with the biggest benefit being pain control. "The reward I get from working out is my health. It's the feeling after I finish that I've accomplished something and I feel stronger and can get through the day easier. I don't need anything else." If there are any tips that Marie could pass along to anyone who is looking for consistency with fitness and nutrition is to: "Stick to both, but if you make a mistake, be as forgiving to yourself as you would with those you love and get back to it ASAP."

When Marie first started off, she was a little uncomfortable with joining a group exercise class. Marie was fast to learn that the group exercise training wasn't what she had expected it to be. And it did not take her long to absolutely fall in love with one class in particular, Yoga. "MT teaches the class on Tuesday and she is iconic. She is a great teacher and an amazing resource." She finds that the class is so friendly and supportive, that she looks forward to coming every week.

This month is a shout out to you Marie. You have put in so much hard work and dedication to the Fitness Center and we can all see your improvement. We are glad that you were able to find a love for fitness that we all try to share with the members every day. Keep up all of your positive energy and hard work. You're a shining star. Congratulations again!