



Thank you Vijaya for your consistency and dedication to the BP Fitness Center. We are so proud of you.

Congratulations to Vijaya Gowri for being February's Member of the Month. Since joining back on January 8th of 2015, Vijaya has attended the fitness center 206 times. She is a true example of how to manage your work life balance and obtain the personal goals you set for yourself. "If I am fit and healthy, all the other aspects of my life are fit and healthy. Being fit is the only way forward."

The biggest push for Vijaya to join the gym was to gain back confidence emotionally, personally and professionally, and she has done just that. She is down in the gym between 4-5 days per week, right before lunch time. She switches between cardio, strength training, and group exercise classes. Although she used to think being fit was all about the exercising, she has learned that eating "clean" is an important factor that helps you to obtain your goals. Through the changes she has made in the past year, the three fitness/nutrition tips that she would share with others are: 1. Perform High Intensity Interval Training, 2. Add Strength training into your routine and 3. Watch calorie intake and balance it with the workout that you do. These are all great tips that have truly worked for her.

Vijaya now stays motivated because working on her fitness makes her feel better, gives her more energy, her clothes fit better and she is able to perform her day to day tasks with more ease. She attributes her success and motivation to the way working out makes her feel and her biggest supporters-- her family and the trainers at the Helios Fitness Center.

Outside of the gym Vijaya loves spending time with her family. However, at the gym she enjoys the challenges that the trainers provide in her work outs and the different routines every month. It allows her to track her progress and then gives her different stimulus to keep working on new goals. Her goals include increasing stamina and strength and to never lose it. "Exercise helped me to feel better about myself and, consequently, better able to manage stress at work or at home, as well as to be wholly present in one environment or the other."

Thank you, Vijaya, for all of your hard work, dedication and for always having a smiling face. Keep it up!