



Congratulations to Jeff Turner for being May's Member of the Month! Jeff is yet another example of what it means to get things done. He knows how to set goals, stick to a program and obtains the desired results. For Jeff it starts with his philosophy that was adopted from Plato, "Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." With this philosophy and the support of his lovely wife Carolyn, Jeff has lost over 15 pounds of total body weight while reducing his body fat percentage by over 5% in the same time frame.

The journey began with the WL4 Fitness Center when Jeff and his family relocated back to Houston a year and a half ago after a long stay in Anchorage, Alaska. Having a very active lifestyle up north, Jeff wanted to continue exercising by exploring the possibilities of weight training as a new way to train his body. With a busy work schedule and four kids, he is able to get into the gym at a minimum of three times a week.

Jeff realized it was not going to come easy to become a healthier person. He admits struggling in the beginning with getting out of bed in the morning to get to the gym. However, with the goals of decreasing his body fat percentage through sustainable nutrition and exercise, Jeff realized he would not reach these goals unless he made training a habit. Since this realization, waking up early and getting to the gym has turned into a routine and is no longer a problem. Jeff says he feels better mentally and physically when he exercises regularly. Consistency is the key!

Additionally, it helps that Jeff has utilized the fitness center services. He works out with one of the personal trainers and they have kept him motivated by providing challenging workouts as well as seeing the progress of other members that utilize the trainers. Through his training he has seen an increase in his energy and muscle strength as well as reduced knee pain.

Jeff has learned many things along the way that involve his fitness. For one, Jeff has learned that doing cardio workouts are not the only to burn calories and stay fit. Secondly, he realizes that nutrition plays a bigger role than one would think. Since January, Jeff has tried to make a huge conscious effort to make healthy food choices. His three pieces of advice are to cut out all soda, artificial sweeteners, and eat only healthy snacks. When grocery shopping, one thing he tries to live by is, "if it's not natural, don't put it in your body."

Along with staying consistent in the weight room, being a full time employee, husband, and father of four, Jeff also enjoys biking, hiking and skiing. We want to congratulate Jeff Turner again on becoming the May Member of the Month and hope that you, too, continue to strive to be a better you!