

## November 2014 BP Fitness Member of the Month:

### Luciano De Pazos

*Thank you Luciano for your consistency and dedication to the BP Fitness Centre! We are proud of you!*

Congratulations to Luciano De Pazos for being selected as our Member of the Month for November! Luciano joined the fitness center 3 and a half years ago hoping that through knowledge and support of the trainers he could accomplish reaching his goal weight. To date Luciano has lost 115 pounds!

“With every goal that I reached my attitude and outlook on life got better” says Luciano. Adding exercise and fitness to his daily routine greatly improved his self-esteem. He has also learned a lot about exercise and different techniques to build muscle, strength and flexibility.

One of the biggest challenges he faced was in changing his eating habits. “It is difficult to change the way you eat because it is a set of habits that took many years form and it takes a lot of time and consistency to change”. Now he eats a lot more fruits and vegetables and tries not to eat too many overly processed foods.

There are several fitness and nutrition tips that have helped Luciano accomplish his goal. Dealing with the changes that need to be made concerning his diet and exercise, being consistent with his daily exercise and finding a diet plan that works for him and his body. His words of advice “Everybody is different so I am not going to push a plan, find what works for your body and stick with it.”

Outside of the fitness center Luciano likes going to the movies, watching English football and hanging out with friends. His wife Susan has been his biggest supporter. He also gives credit to his previous and current trainers in not only being big supporters but to also help him realize his fitness goals.

To celebrate his accomplishments he celebrates by either spending a day at the amusement park, going to a special restaurant or some type of special event. His philosophy is work hard and be safe. Push yourself and follow proper form and technique. You will build strength and reduce your chance of injury.

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

