

September 2014 BP Fitness Member of the Month:

David Oliver

Thank you David for your consistency and dedication to the BP Fitness Center! We are proud of you!

Congratulations to David Oliver for being selected as our Member of the Month for September! David has been a member of the gym for over 10 years. Over the past two and a half years he has really kicked his program in gear and attends the gym at least 3-4 days a week!

Losing weight has been a tremendous accomplishment for David. He has lost over 40 pounds. The benefit of losing weight and being fit has had a positive benefit on health, stamina, and appearance for him. This has all helped with building his self-confidence. It has also helped him to achieve his current goals of continuous weight loss and to gain muscle. David is also one of our dedicated Bocce Ball players and looks to achieve winning the 2014 Fall Bocce Tournament.

His biggest challenge was incorporating both fitness and nutrition improvements as a daily part of his routine. While it was very difficult in the beginning, the longer he kept up with it, the easier it got. Now it has become a normal part of his life. "You can't work out and ignore diet and expect the best results" says David.

Over the past two years, he has cut out a significant portion of processed foods and carbs from his diet. "I am not a nutritionist by any stretch, but I think it's good advice to limit the stuff you buy from the middle aisles in the grocery store". He feels his best when eating nutritionally dense foods such as green vegetables, proteins and healthy fats. David has found that regular exercise has significantly reduced his stress levels, as well as raise his good cholesterol and lower his bad cholesterol.

The personal trainers have been one of his favorite parts of the Fitness Center. Laura, who is currently his trainer, gives him tough workouts that have allowed him to feel the results. He also attributes his success to his past trainers as well as others in the Fitness Center who are either his cheer leader or give him tough love when he needs it. Some fitness tips that have worked for David over the years are: start slow and do what works for you, be patient and use the trainers. It is a fantastic benefit and they keep you motivated.

Outside of the Fitness Center he loves to swim, garden and spend time with his family. They are his biggest supporters and keep him motivated. His biggest reward has been buying a new wardrobe!

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

