



Member of the Month

February 2010

JOYCE BEELAND

“I Failed Twice, Before I Found Success!”

When I joined the Wellness Center, I had the same goal as when I joined the other two fitness centers and that was to lose weight. I soon found out why I never succeeded and always quit! After 2 weeks working out at the Wellness Center, I had gained 2 pounds, but the difference this time was that the awesome staff didn't tell me, "just give it time," but rather they spent time talking with me and getting to know me. As a result of their concern and encouragement, my goal changed.

Now I am focused on being healthy. And an amazing thing happened, once I stopped expecting to lose, I actually started to lose. It's easy to become discouraged when life circumstances change. Just 6 weeks after I joined, I got laid off from my job. I fell into a depression. I didn't realize that exercise is not a luxury but a necessity for good health both physically and mentally. I hired a personal trainer and loved every minute of it. Mandi helped me stay accountable and the encouragement and support really made a difference.

I would tell anyone dealing with depression to start or continue exercising because it really helped me through. I've been a member for eight months now and I have never felt as strong and healthy. On a side note....I've lost 19 pounds and 18 inches.