



## Member Spotlight for June

# Kelsey Neeman



**Occupation:** Hair Stylist at Curl Up and Dye.

**How long have you been a member?** I have been a member for 9 years.

**What are your favorite activities outside of the gym?**

Outside of the gym, I like to go swimming and of course go on vacations to visit different oceans.

**When did you start working out and why?** I started

working out when I was about 16. I just knew that I wanted to be fit.

**What is your favorite workout/exercise?** My favorite leg day. I love it because I hate it. It hurts so bad.

**Describe your workouts. How many days per week do you exercise?** I like to work out in the morning on the weight floor. The length of my workout is usually an hour to an hour and half.

I work out four days per week.

**What keeps you motivated?** Trying to keep up with my four year old daughter is my biggest motivator.

**What advice would you give to someone who is just starting their fitness**

**journey?** Just keep going, even if you don't want to. It will become a habit and you will feel better when you do.