



Our Member Spotlight for December is Jay Maness!

Name and Occupation: Jay Maness, retired and turning 76 this month

How long have you been a member of the Ambassador? I became a member of the Ambassador in February 2014 when my Medicare supplement plan gave me a membership via the Silver Sneakers program. I moved to Nebraska City in October of 2010 from San Diego to be with my son Michael, his wonderful wife Hillary and two super grandkids, Zander (14) and Anya(10).

I think the Center is one of the best jewels for this city and I must say, I was really amazed to find a place such as this.

How often do you come to the gym and what types of exercise do you do? When I arrived at the Center,

I was really overweight, had Type 2 diabetes (3meds), high blood pressure, high triglycerides and cholesterol. Mike gave me a tour and I started my workout. Initially, I was here 3 times a week and worked out by walking. My first few times I quit after I had walked about 15 laps, as I was really tired. Now I am walking for two hours and usually can do 80 to 110 laps. I lost about 45 pounds since I've become a member! I am also off all of my diabetes medications and have been told my diabetes is in remission. I also have lowered the blood pressure, triglycerides and cholesterol. I usually walk 5 times a week and do strength training 3 times a week. I feel great and am very happy with my progress.

What keeps you motivated? I have made a ton of new friends here (of all ages). I find many of the members go out of their way to keep me motivated. I have thanked many for this (they know who they are).

What advice would you give to someone new to exercising? If you are just starting out, make friends, have fun and keep working at it! It will all come together.

Thank you Ambassador, for everything!