

Our member spotlight for October is Amy Stukenholtz!



Occupation - Traffic Manager/Office Manager at B103 and Big Apple News Radio

How long have you been a member at the Ambassador? - Since it opened...has it been 17 or 18 years?

How often do you come to the gym? Typically 5 days per week and I'm there twice on Tuesdays and Thursdays

What is your favorite workout/exercise? I have so many....I love Body Pump, and I've come to love Spinning again. I love Jolene's Cardio Circuit and I really enjoy Karen's Power Yoga....I love the variety that is offered! I also really enjoy the 5th Sat classes. This is where several instructors teach a shorter version of their class. That way new people can take a short class to see if they like it and get a taste for it. (This is open to non-members as well!)



What advice would you give a new gym member or someone new to exercising? Take it slow and take it one day at a time. Many people you see at the gym have been working out for years, and it takes time to get to that level. Also, don't feel like you're competing with other gym members while you're working out. Only compete with yourself. Only do what you're comfortable with....for example, I rarely do the highest intensity or the hardest moves during the classes. Instead, I typically do the lower intensity options. That's what I love about our instructors--they give you lots of options and intensity levels to work at. I have bad knees so I can't jump around a lot, but I can still get in a good workout.

Why did you start working out? I joined my first gym in high school and I've belonged to many gyms in my days. I've always been a little "pudgy" and keeping weight off has always been a struggle for me. After college, I moved to Chicago and I walked everywhere, all the time. I instantly lost 25 lbs. I then got a bike and started biking all over. I proceeded to lose another 10 lbs. I kept this 35 lbs off for 9 years. My lifestyle then changed dramatically--I went from a job where I was on my feet all day to a job where I sat all day. I went from almost always skipping lunch (I know, not healthy) to eating lunch every day and going out to eat as well. I went from working out 5-6 days per week (sometimes taking 2 classes per day) to only working out 3 days per week and then even that dwindled down to next to nothing. To top it all off, I was also commuting 60 miles ONE way to work. For several years I was working out just so I wouldn't gain any more weight (meanwhile I was still 40-50 lbs overweight). It worked, but I was still overweight. Now I'm working out a little more and I'm trying hard to eat a little healthier. I've lost 15 pounds in the past 11 months. It's slow going, but I don't want to make drastic changes that I can't keep up. It took me 5 years of gaining 10-15 lbs per year to gain this weight. So if it takes me that long to take the weight off, I am fine with that.

Were you always active? No. Growing up, I was the child that wanted to stay inside and read a book. I hated physical activity and getting hot and sweaty! (I actually have a grin on my face as I write this...)

What keeps you motivated? I LOVE to work out. I really enjoy the rush I get from working out. Plus, the relationships that I have made at the gym are the best. When I got married, I actually invited several of the instructors to my reception, and they came! I really love my gym buddies and they help keep me motivated. I've made many good friends at the Ambassador over the years!