



Member Spotlight for March, 2019

Lanette Kingery

Occupation: Teacher

How long have you been a member? I have been a member for approximately three years.

What are your favorite activities outside of the gym? Some of my favorite activities are spending time with my family, traveling, and reading.

When did you start working out and why? I started working out as a teenager to stay healthy.

What is your favorite workout/exercise? My favorite workouts are walking on the treadmill and doing free weights.

Describe your workouts. How many days per week do you exercise? I start out walking on the treadmill for my cardio and then will do resistance and weight training.

I work out six days a week.

What keeps you motivated? My motivation is staying healthy for my family.

What advice would you give to someone who is just starting their fitness journey? My advice is to have patience, be consistent and be happy with yourself.