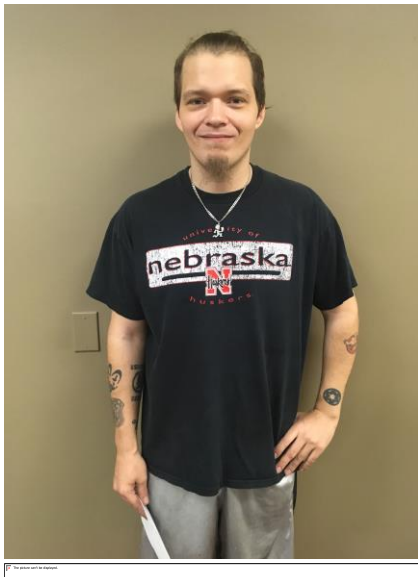




Member Spotlight for April

Josh Larson



Occupation: General Manager of the Vaporbarn.

How long have you been a member? I have been a member for 5 months.

What are your favorite activities outside of the gym?

Outside of the gym, I like to jog, going to local wrestling matches, going to concerts and I also like to go fishing.

When did you start working out and why? I started

working out in November, 2018 to lose weight and get healthy. At 250 pounds, I felt it was time to make a change for myself and my family. To date, I have lost approximately 55 pounds.

What is your favorite workout/exercise? My favorite exercise is jogging/running. Either outside or on the treadmill in bad weather.

Describe your workouts. How many days per week do you exercise? My workout at this time is jogging/running at least one and half hours per session. I am now slowly introducing myself into the weight room.

I go jogging at least six days per week.

What keeps you motivated? My biggest motivation is the results that I am seeing and how much better I feel. Also, looking back at old photos is a huge motivator.

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

journey? Just get started. You will look back in a few months and wish that you would have started sooner. Get into a routine and stick with it.