



Member Spotlight for December, 2018

Steve Meyer!



Occupation: Fuel truck drive for Union Pacific Railroad.

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

What are your favorite activities outside of the gym? Some of my favorite activities are playing with my grandkids, fishing, following Nebraska sports and farming.

When did you start working out and why? I started working out about 3 years ago. I was overweight and needed to lose the extra weight and get healthy again. I lost 100 pounds in 16 months.

What is your favorite workout/exercise? My favorite exercise is running in the pool laps in the pool.

Describe your workouts. How many days per week do you exercise? My workouts consist of walking 3 miles on the track and then running 40 laps in the pool. When traveling, I use the weight room at the hotel.

I work out three to four days per week.

What keeps you motivated? My grandkids and wife help me keep motivated. Also, my weight loss is a big factor. I feel much better after losing the extra weight and I am healthier.

What advice would you give to someone who is just starting their fitness journey? Get started and keep after it. Slow and steady, don't expect big changes overnight. You also need to be mindful of your diet. I would like to give a shout out to NC Nutrition helped me with my diet plan.

**The Ambassador Wellness Center has a Register Dietician on staff if you would like help with your diet.*