



## Member Spotlight for September 2018

# Jan Buda!

**Occupation:** Substitute Teacher at Nebraska City Public Schools.

**How long have you been a member?** I have been a member for 17 years.

**What are your favorite activities outside of the gym?** I have several hobbies. I love reading, sewing, and taking care of our animals. My husband and I also like to travel.

**When did you start working out and why?** In 2001, I decided to get serious about my health. We joined the Wellness Center and I learned to use the machines. I then started taking some of the many classes offered and loved them. For the last 6 years, I have been doing the Small Group Training class with Mike and really enjoy these workouts.

**What is your favorite workout/exercise?** My favorite workout would be the Small Group Training class. Our workouts vary from class to class and are always challenging.

**Describe your workouts. How many days per week do you exercise?** My workouts differ from day to day. I utilize the classes offered here at the Wellness Center. I also use the cardio machines and weights.

I usually get to the gym five days per week.

**What keeps you motivated?** I feel good both physically and mentally after a workout. The class schedule also keeps me motivated, there is always something to do to keep me on track.

**What advice would you give to someone who is just starting their fitness journey?** I would suggest giving the classes a try and find some activities that you like to keep you coming back. Don't be afraid to try new things or ask the staff for advice. Keep your workouts varied and you won't get bored.