



Member Spotlight for August, 2019

Ken Carlstedt



Occupation: Retired

How long have you been a member? I have been a member of the Wellness Center for the last 15 years.

What are your favorite activities outside of the gym? I enjoy being involved in community activities and the Knights of Columbus. I also like playing tennis.

When did you start working out and why? I have been doing cardio most of my life. I started running back in my college years. In the last three years, I changed my focus to also include the weight equipment along with the cardio.

What is your favorite workout/exercise? My favorite workout includes a combination of running on the treadmill and the track. Then I add in the Cybex equipment to do my weights. Along with this I do enjoy running outside every once in a while.

Describe your workouts. How many days per week do you exercise? I work out three times per week with each work out lasting 2 ½ hours. I usually do cardio on the treadmill and bike for about 2/3 of the time and then focus on mid and lower body strength using the Cybex weight machines.

What keeps you motivated? A true belief that good health positively effects all aspects of your life and longevity.

What advice would you give to someone who is just starting their fitness journey? Set realistic short-term goals for fitness and add nutrition goals for long term success. Write down your goals and how they will benefit your life.