

DECEMBER MEMBER OF THE MONTH

Sean Wyatt

This month the Southern Boone YMCA has chosen Sean to be our member of the month. We are certain you have seen Sean working hard in the gym as well as dancing and singing. He has such a great caring personality and makes the Y that much more of a positive friendly environment when he walks through the door. Sean's has a remarkable story about his journey to find health and wellness, so we're going to let him tell it in his own words.

Two years ago I decided to make a change, not just to my body but my mind and soul as well. I didn't get pulled over for a DUI, I didn't get caught with drugs, I simply recognized I had a problem with my weight and decided to change it. That's where the gym came into play. I started by just trying to lose a few pounds. Those few pounds quickly turned in to several. When I started working out I weighted 266lbs and I am proud to say that I currently weigh 195lbs. I don't only look better, I feel better and I have a better mind, body, and soul. I have to say thank you to everyone on the way for the help and encouragement. It's was one heck of a battle but just like most things in life you just have to simply put your mind to it and grind it out. Oh yeah, be sure that your music playlist is fire! Good luck to the next person and there journey to become better, whatever that might be, go do it!

