

# FEBRUARY 2019 MEMBER OF THE MONTH

## LEXIE SKIFF

Thank you for nominating me for "Member of the Month", I really appreciate it. The Southern Boone YMCA has completely changed my life. When I had first heard that Ashland had a YMCA, I was excited to join but also nervous because I was embarrassed by my weight and ability. I immediately felt accepted and welcome by the staff and members. The environment at the YMCA is very supportive and encouraging, they help provide the tools, advice, and guidance to help members succeed. The sense of community that the Southern Boone YMCA has is unlike any other gym I have encountered, it is a family of members from all walks of life, all ages, and ability. I was motivated to come consistently and I soon found myself coming Monday-Friday every week. With the help of the YMCA I have lost over 60lbs and have gained my life back! Before I joined the YMCA, I was letting my weight hold me back from enjoying life and trying new things. I am so thankful to be a member of the YMCA and hope that others will find success in their health journeys with the help of our Southern Boone YMCA. The new facility will help to change even more lives in the Southern Boone community and I can't wait!

Thank you,  
Lexie Skiff

