

NOVEMBER 2019 MEMBER OF THE MONTH

Stewart Scott

We have selected Stewart Scott as the Member of the Month! Stewart has been a member of the Southern Boone Area YMCA since October 2018. He recently scheduled an Inbody assessment and shared his road to weight loss story with us. I admire Stewart's consistency in the gym and his passion for self-improvement. Below is his story.

"I spent time in a gym lifting weights when I was young man. I lifted all the way through high school and into my college years. After college, my job took up much of my time and my workouts became less of a priority. Each year that had passed I had noticed I was a pound or two heavier than the year before.

Knowing I needed to get the weight gain under control, I starting looking around at gyms. I went to view the Southern Boone Area YMCA and found it to be a nice facility and well equipped gym. I joined in the fall of 2018. In February of 2019 I took the fitness a step higher. I knew that a key part to my weight loss was that I needed to quit drinking. It wasn't easy to do but I knew it was vital to build a healthier me.

Since Christmas of last year, I have dropped 30lbs and I am as strong as I was 30 years ago. I can see the hard work paying off and the significant changes to my body. It has been a fun journey.

While traveling, I even found a YMCA in Florida. It's nice knowing I can work out on the go. I'm glad that I have joined the Y. It was one of the best decisions I've made and I don't plan on quitting."

I really enjoyed hearing Stewarts story. I'm sure several of us can relate to his experiences. Life throws us curve balls and sometimes we become too occupied to take care of our health. It's good to hear that some can recognize these changes and get a grasp on them before they get to out of control. I want to thank Stewart for sharing his story in hopes that others realize it's never too late to start their journey to self-improvement.

Sincerely,
Derek Mordica