

JANUARY 2020 MEMBER OF THE MONTH

Tim Allen

We have selected Todd "Tim" Allen as the Member of the Month! Tim and his family has been a members of the Southern Boone Area YMCA since December 2018. An associate of ours told me about Tim's hard work in the gym and how much he has changed since he started coming to the Y. Not knowing Tim I was eager to hear his story. I was truly blown away when I read how remarkable Tim's success has been.

"Thank you for your recognition of my get healthy journey. I'm both embarrassed and honored every time someone acknowledges what I've accomplished.

Two years ago I had finally had enough of years of back pain and heartburn that were so bad that I could not sleep more than 30 minutes at a time. I was so out of shape and unhealthy that I was seeing a chiropractor twice a week trying to deal with the pain.

At nearly 300lbs, I took the advice of my Chiropractor to help the process and get in shape. I tried joining a gym in St Louis, where my office is. But, I could only use the gym when I'd goto the office. This wasn't working for my new commitment to get healthy. So, last December my wife and I decided to get a family membership with the Y. This would allow me to use the Southern Boone facility when home and any other facility as I traveled 3-4 days a week for work.

Being able to utilize Ys all over the state 5-7 days a week to do cardio, lift weights or just use a hot shower when needed has been huge in helping me meet and exceed my health goals.

Along with eating healthier during an intermittent fasting schedule; the Y has helped me go from nearly 300lbs and 45% body fat to a current weight of 187lbs and 11% body fat. More importantly, my health is the best it's been in decades. I don't have heartburn anymore and only go to the Chiropractor for maintenance visits. I'm sleeping comfortably and loving how I look and feel.

God's grace and my family's support cannot go without mentioning. Without either, I would failed in the first month."

What an amazing story! Tim has pushed not only his body, but also his mind to new level to attain one goal, a healthier life. I really enjoyed reading Tim's story. I hope going forward in this New Year, Tim's story can inspire us all to push ourselves mentally and physically to meet our New Year goals!

Sincerely,
Derek Mordica