



I AM OPTIMAL

MEMBER SPOTLIGHT

MARCH MEMBER OF THE MONTH SAMANTHA SONALI

MAINTENANCE PLANNER/ SCHEDULER
BP MANUFACTURING MAINTENANCE

*Congrats
Samantha!*

FAVORITES:

Food: When I'm being healthy, it's any variation of chicken and rice. When I'm being unhealthy, it's Popeyes and rice.

OYFF Activity/Program/Service (past or present): The weights section itself brings me a lot of joy! In addition to that I enjoy taking the Zumba classes. I especially enjoy the holiday workout classes by Sheena and Linh! (They rock!)

Quote: my favorite fitness quote is "Don't wish for it- work for it!"

Enjoy your reserved gym locker for the month, a supplement gift bag & a coupon to the Amway Store!