



I AM OPTIMAL

MEMBER SPOTLIGHT

FEBRUARY **MEMBER OF THE MONTH** **BERT VANDEN BERG** **INFORMATION SECURITY & RISK**

Bert is an 18 year member of OYFF! What keeps Bert motivated? He says, staying active with strength and cardio training makes him more productive at work and feel better overall. We couldn't agree more! Bert loves coming to OYFF, and why wouldn't he, "It's convenient and a great place to break away from sitting in my chair".

FAVORITES:

Food: *Filet Mignon*

OYFF Activity/Program/Service (past or present): *TRX Class*

Quote: *We don't stop exercising because we grow old... we grow old because we stop exercising.*

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

Congrats Bert!