

I AM OPTIMAL

MEMBER SPOTLIGHT

MAY
MEMBER OF THE MONTH

CASEY GUNNINK

**ENVIRONMENTAL, HEALTH AND
SAFETY**



What motivates you to be your *Optimal You*?

I have always been a really active person with sports and working out in the gym! I find this motivation through my Lord and Savior, Jesus Christ. One of the ways that I do that is by sharing my relationship with the Lord with my husband, family, friends & coworkers. These relationships motivate me to be the best & healthiest person I can be while enjoying life each & every day. Working out & staying healthy is a easier task to take on when I workout with my friends, they help keep me accountable & motivate me to work harder and have fun while doing it.

Why is coming to the Optimal You Fitness Facility important to you?

OYFF helps me accomplish my fitness goals by providing great equipment right at work! Being able to workout & take on the rest of the day right at work saves me a lot of time by completing more workouts in my week. Being able to play & workout with fellow employees motivates me each day by seeing how hard they work & enjoy time with coworkers. At OYFF, I've met some fantastic people who have become great friends. I have only been a part of OYFF for little under a year, but I have already noticed that I am healthier, happier & overall enjoying each day more since I started training here.

FAVORITES:

Food: Crab Legs

OYFF Activity/Program/Service (past or present): Volleyball - League and Drop in!

Quote: "Do your best and forget the rest."

Congrats Casey!