

I AM OPTIMAL

MEMBER SPOTLIGHT



APRIL MEMBER OF THE MONTH JOE BALOG

IGPPA: DEMAND PLANNING & ANALYTICS

What motivates you to be your Optimal You?

I'm generally motivated by an inner drive, a healthy sense of peer pressure, and support from health and fitness videos. I've always valued health, and having the resources like the Fitness Facility at my fingertips has allowed me to explore and grow rapidly. Putting all those pieces together keeps me motivated.

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

Allows me to maintain my exercise program easily and with enough diversity to keep me engaged. It has also facilitated social interaction which along with the exercise, has kept me in shape, my mind sharper, and my soul happier.

FAVORITES:

Food: Sucker for homemade mac n' cheese!

OYFF Activity/Program/Service (past or present): Strength Training / Bootcamp

Quote: "The secret of getting ahead is getting started." — Mark Twain

Congrats Joe!