

Member of the Month

• March 2015 •



Keith Yonker

Congrats to Jackson Madison County General Hospital's Chef Keith Yonker! He joined LIFT back in August to continue his health journey with the transfer from Cape Girardeau. When Keith came here, he was already well on his way. He had lost 117lbs through diet and exercise. On his tour through LIFT, he kept asking for reassurance of guidance and knowledge of our fitness staff. He wanted to make sure that he would continue to move forward. Keith has continued to move forward, since joining. He trains with Lauren, who, he says "kicks my butt every time"! He has even surprised himself by taking group fitness classes. Though his journey is not over, he is well on his way and made health a habit for himself! Congratulations again, Keith! You prove to others that it's all about commitment and priorities.