

Member of the Month

• April 2015 •



Bob Sharp

Congratulations to Bob Sharp! He has made remarkable changes to his health over the course of his membership at LIFT. He came to us after losing a bet with his wife and it was the 2nd best loss he's had! The first of course is losing weight, dropping his cholesterol, and lowering his blood pressure. After training in the Circuit Squad small group classes for four months, Bob got into the routine and started to see changes in himself. His doctor even stated that he's healthier at 60 yrs old than he was at 50 yrs. Bob continues to push himself and has found the love for exercise and fitness. He and his wife use the time that they are at LIFT as bonding and togetherness. We are so proud of the accomplishments Bob has made and continues to make day in and day out. "Eat. Sleep. LIFT. Repeat." are the words he lives by! Congrats again, Bob!