

# Member of the Month

• May 2014 •



**Scott Murray**

"Two most important tools for maintaining a healthy lifestyle: making it a priority and setting goals that are attainable." - *Scott Murray*

Scott has been with LIFT since March 2013, but his wellness journey did not begin here. He started this journey in 2011, when a doctor's visit gave him news that no one wants to hear: high levels of stress and a sedentary lifestyle; which makes a dangerous concoction for heart disease, diabetes, and other life threatening issues. In 2011, he accomplished his first goal: Run a 5K. His time: 45:58. By Fall 2011, he completed his first Warrior Dash! Like most of us, life happened in 2012, which set him back and Scott regained most of what he had lost. When he joined LIFT in 2013, everything fell into place. He had multiple short term goals that he has successfully accomplished: 5K time: 23:58, his first half marathon completed in 2:07:19, and his weight is down over 50 lbs! His next goal is the Tough Mudder in June 2014.

We wish him the best as he continues to crush each goal in his lifetime journey to health and wellness! Congratulations, Scott!