

Member of the Month:

Our staff of certified trainers would like to recognize Christine W. as our May Member of the month. Her consistency has paid off, her transformation is incredible! Here is her story:

I joined BFFS in the Fall of 2022. I was attracted by the age group, and the smaller more intimate facility. The ability to help members at any fitness level and friendly atmosphere sealed the deal. Along with changes in my diet and a focused workout program, I have lost 80 lbs. and my strength and endurance have greatly increased. I feel more like I'm in my 20's then in my 60's. I started working with Certified Personal Trainer Mike S. and we set goals to lose weight and become stronger, I met those goals and strive to improve even more.

My primary doctor is delighted with my results and because of BFFS my recovery from knee replacement surgery was much faster than expected. No need for pain medication and I have such confidence. I spend much less time on the sofa and more time doing things I enjoy.

My advice is to keep at it, even on days that you aren't motivated, its worth the work, the results are great, and it's fun!!!

Improve Your Diet; Improve Your Life:

Members Only are welcome to register to attend this complimentary presentation by Sharon Howard, RD, CDCES on Friday, May 10 from 12:05pm-12:35pm.

As you round the corner for your second half, are you thinking—"Maybe I could take better care of myself?" Sharon Howard RD, CDCES is a registered dietitian who will give you ideas to change your diet for your MIND, your MUSCLES, and your METABOLISM. Come enjoy a lively discussion about what to eat (and what not to eat) and enjoy a snack!

**In Person Class Sign-up Availability
Released Weekly by 10am on Saturday**

Calendar Events

- **MAY/JUN New Member Challenge:** See Below
- **Fri. 5/10:** Presentation with Registered Dietitian, Sharon Howard 12:05pm-12:35pm; "Improve Your Diet; Improve Your Life" **MUST SIGN-UP TO ATTEND** by May 7th (more details below)
- **Wed. 5/15:** OPEN HOUSE 8am-6pm
- **Wed. 5/15:** LIVE Trainer's Corner 11:20-11:50am; Join Melissa to learn about utilizing different breathing techniques for different reasons/situations. Just show up!

2024 Member Challenge:

This year those who accept the challenge will earn a **Beyond Fifty Sweatshirt** as early as November (just in time for the colder weather).

Over the course of the year 2024, a total of six challenges must be completed in the timeframe allotted. The **third** challenge is to balance 30 seconds per leg. This challenge must be completed between 5/1/24—6/30/24.

A trainer **MUST** witness your successful completion and sign your Sheet of Success! Wishing Everyone Much Success!!

New Members can begin at anytime. New members will just need to complete all past challenges within a two month timeframe.

Shout Out to JLS Automotive:

When I have a pleasurable experience, I like to share; especially when it supports a small, locally owned business. Tim with JLS Automotive repaired my car immediately. He is knowledgeable, experienced and **honest!**

I recommend anyone needing service to their vehicle to give JLS Automotive a try. The shop is located at the updated BP Gas Station on Foulk Road not far from Naamans Road at 2307 Foulk Road, Wilmington DE 19810; 302-308-3183.