

# I AM OPTIMAL

MEMBER SPOTLIGHT



## JUNE MEMBER OF THE MONTH

### DAVE CHOINIÈRE

#### NEW & DISRUPTIVE INNOVATION

#### *What motivates you to be your Optimal You?*

I enjoy being active and fit and hopefully that will lead to a long healthy life. I want to continue to be active throughout my life and hope that regular exercise puts me in a good position to achieve that goal for years to come.

#### *Why is coming to the Better, Healthier You Fitness Facility important to you?*

I joined the fitness facility when it was still in the old schoolhouse and there have been a lot of upgrades and changes since then. The facility is amazing, it's a place to meet and connect with like-minded people. I've learned several new exercises by asking others about their routines. You also can't beat the price!

#### **FAVORITES:**

Food: You can't beat a nice Filet Mignon, seafood, and asparagus.

OYFF Activity/Program/Service (past or present): The Monarch program is one that stands out to me. It gave a select few the opportunity and resources to transition to a healthier lifestyle. I also love the bikes; I can get to the fitness facility quicker and have more time to work out.

Quote: "Life is ten percent what happens to you and ninety percent how you respond to it"



**Better, Healthier You**  
Fitness Facility

*Congrats Dave!*