

I AM OPTIMAL

MEMBER SPOTLIGHT

JULY
MEMBER OF THE MONTH

ERIKA GABRIEL

ENGINEERING



What motivates you to be your Optimal You?

My motivation to stay active and healthy is fueled by the positive impacts it has on my mental and physical well-being, as well as fostering a healthy sense of competition. Working out allows me to alleviate stress, improve my mental health, achieve physical health goals, and overall improve my quality of life. Additionally, working out engages me in a healthy level of competition, whether it be achieving personal goals or participating in team sports. This competitive drive not only provides motivation but also cultivates perseverance, goal-setting skills, and a sense of achievement.

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

BHYFF is important to me because it gives me the opportunity to stay active right at work. Being able to breakup my workday with a workout helps to keep me motivated and energized. It has also allowed me to connect with new people and form friendships that extend beyond work.

FAVORITES:

Food: Pesto Pasta

OYFF Activity/Program/Service (past or present): Pickup Volleyball

Quote: "Do not take life too seriously. You will never get out of it alive." — Elbert Hubbard



Better, Healthier You
Fitness Facility

Congrats Erika!