

I have been a member of Shapes for around 12 years. When I moved to Lexington, I was looking for a facility specially designed for ladies. I liked the facility itself and the friendly staff I encountered, so I joined. I have been most pleased and that is why I keep renewing.

The LORD desires us to be healthy not only in our spirit and soul but also in our body. This is a sacred gift He has given us. He gives us the desire to be so much more than we think we are and speaks to our hearts about this. In turn, this is our responsibility to take action and put things in motion. We may spend time in His Word and in prayer, but what do we do for our bodies, which is just as important? The LORD desires the best for us!

Pursuing the desire for wellness in all areas of my being is challenging. This is an ongoing process. That is why getting into a routine with eating well combined with an exercise routine is very important. Unfortunately, I have periods where I seem to fail. What do I do? Realizing I need to press forward, I get back up, and come back to Shapes. I am always greeted with friendly, kind ladies at Shapes who never ridicule or ask where I have been. It is good to the staff are willing to help when I need it. I appreciate them.

I have a cardiovascular and weight routine that I incorporate in my exercise program. Shapes has group fitness as well as personal trainers if you need to take it to another level. What is important is that you find what will keep you motivated and keep coming back to what is working for you. We are always in a process of living a healthy life. That is why physical fitness should be incorporated as something that is routine and just a part of living.

I wish you the best in your pursuit of health and well being. May the LORD bless you and keep you and shine His Light upon you.

Thank you, Sarah E.