

# October 2009 Success Story

## NEIL PLUMMER



***“Let me tell you the secret that has led me to my goal: my strength lies solely in my tenacity.” Louis Pasteur***

Neil has been a member of the YMCA for about a year, but he has been “hard core working out” for four and a half years. During those four and a half years, he has lost *110 pounds!* He spends most of his time in the fitness center, which is “a very upbeat area” where he finds “lots of others working out hard also.”

Neil’s current goal is to finish a marathon—all 26.2 miles. Two years ago Neil finished a half marathon, which he considers one of his favorite fitness-related moments. He says, “Exercise has made every aspect of my life better.”

In order to stay healthy and to stick to his goals, Neil says, “I make sure healthy food is what is available. I do what I can to make exercise fit in, whether it’s early in the morning or after my daughters go to bed.” As a working father, it can be hard to fit exercise in on a daily basis. Neil says, “Planning ahead of time is a huge help.” Although he admits, “Planning helps you set up things, but we all know things change.”

Neil enjoys being a member of the YMCA, because “the YMCA is always a great place to visit and to be part of. The family environment is wonderful and the activities for the kids are great... The YMCA represents self and family values.” Neil brings his daughters to the YMCA to swim, and it is his daughters who inspire him to keep moving. “I want to be able to play with them and to grow old with them.”

Neil believes in the power of individuals to make things happen if they work hard and have ambition. In the face of adversity and difficulty, Neil says, “*Never give up.*”