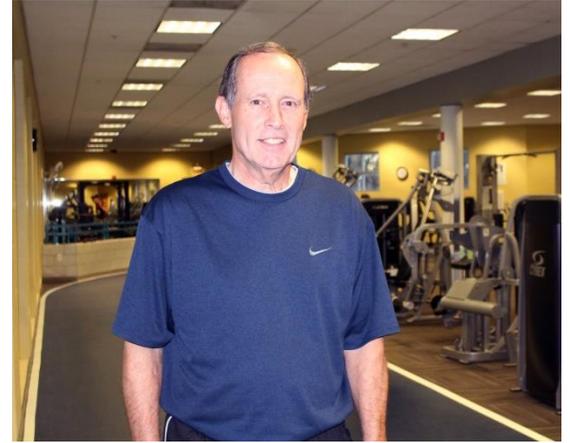


# Member of the Month

December 2016

Have you been encouraged by someone while you ran laps around the track? Or maybe someone has stopped you and said they admired your work ethic at the gym. If this sounds familiar you've likely had an inspiring encounter with **Tom Landzaat**.

Tom is exactly the type of person this honor is meant to recognize. His appreciation for other people and his welcoming attitude toward all members is noticed by many. Tom's nominator wrote of him, "Tom is one of the friendliest and most outgoing members I've observed at The Pointe. He never hesitates to spark up a conversation or introduce himself to others. The day after one member joined, she came in to work out, and Tom quickly started a conversation and welcomed her. He has made many friends at The Pointe."



In his own words, Tom is a "self-motivator" so he doesn't often need to look to others for encouragement, but he is quick to give it. "I always try to cheer people on," he mentioned. "I want people to know this is a good place to feel comfortable working out and to meet other people. This isn't a body building gym so I never feel like I'm competing with anyone else." He also said, "Don't feel self-conscious when you're here, there's no reason to. It's always a place where people can do what they need to do and feel comfortable doing it."

The open atmosphere is something he appreciates here at The Pointe. From striking up conversations to starting friendships, Tom sees the value in connecting with others at the facility. One person who has especially impacted him is Lucy Hey, a personal trainer at The Pointe. "I knew Lucy for years as a member before she became a trainer. Now I've been working with her for the last 6 months, and she's helped immensely."

As a member for the last 10 years and a regular visitor for a few more, Tom appreciates that he can do everything he needs to do in the facility. "I get my stretching done on the mats, run and walk laps on the track, and use the machines to build strength."

A husband to his wife Pat for 41 years, a father to three children, and a grandfather to six (a seventh is on the way!) he is now enjoying retirement after working in sales for over 40 years. Tom has a very full life and takes pride in maintaining an active lifestyle. From traveling internationally with his wife to golfing and working out to bowling, Tom understands staying active is what allows him to do all the things he wants to do. His advice to other members is to keep at it, "You've got to stay active, because once you stop moving you'll stop moving."

Congratulations on being named December's Member of the Month Tom, we are beyond thrilled to serve patrons like you each and every day.



*Know someone who deserves the title "Member of the Month?"  
Ask for a nomination form at The Pointe's Front Desk today!*