

Member of the Month

July 2017

Each month, The Pointe recognizes one member who possesses inspirational character qualities. Some of these qualities include dedication, positivity, ambition, leadership and strength. This July, **Kelsey Arends** has been selected as someone who highly exemplifies these attributes earning her the title of Member of the Month.

Her nominators recognize these same qualities and mentioned, “Four months after Kelsey initially joined she had positively influenced her entire family. Kelsey’s mom, dad and younger sister all joined The Pointe. Kelsey also inspired her grandmother from Kirkwood to join The Pointe with her Silver Sneakers membership.” Kelsey’s passion has helped her entire family focus on exercise as a critical part of a healthy lifestyle.

Kelsey’s ambition, leadership and dedication can be seen clearly beyond the walls of The Pointe as well. She earned a Bachelor of Journalism in strategic communication from the University of Missouri-Columbia, with a minor in Italian Studies and a Multicultural Certificate. After graduating in 2015, she spent a year working at the Savannah College of Art and Design before moving back to Ballwin. Today, she continues to pursue her career goals at Common Ground Public Relations where she works as an Assistant Account Executive and Digital Strategist.



Not satisfied with pursuing only her work aspirations, Kelsey also sets goals in other aspects of her life. “My new year’s resolution this year was to visit 17 cities in 2017. I got a little ambitious though, and it’s turning more into 17 states or countries. I really love to travel, and I do it as much as I can.” She plans on visiting Italy in July, Iceland in the fall to see the Northern Lights, and will also soon travel to Baltimore to compete in a half marathon.

One will quickly notice a passion for healthy living during a conversation with Kelsey. When asked how she would encourage or advise others she shared, “Focus on healthy living as a whole, not just on one aspect of it. You can’t get away with just exercise, diet, hydration, sleep, etc. it has to be a combination of all of these things.”

When Kelsey moved back to Ballwin in the fall of 2016, it didn’t take her long to purchase a membership to The Pointe. “I used to be a swimmer, and after I stopped doing that competitively, I started getting more involved in running and weight training. There are plenty of things you can do at home, but The Pointe offers a variety of equipment at my fingertips which allows me to get in whatever kind of workout I need.”

“I also like that The Pointe is not crowded, the people are helpful, and I never feel intimidated in the weight area.” Kelsey enjoys using the weight machines to reach her personal fitness goals and has also encouraged her younger sister to spend time at the gym with her. “I purchased her a student membership over the holidays last year. It was a lot of fun to tag team workouts with her and see her gain a lot of strength” Kelsey mentioned.

To Kelsey, and all the other likeminded individuals in our facility, keep doing what you’re doing. You are constantly inspiring others with your ambition and leadership skills. Thank you for choosing to call The Pointe your home for your fitness center needs. Congratulations on earning the title ‘Member of the Month!’



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