

Member of the Month

September 2017

Dan Ludwig has been a member of The Pointe at Ballwin Commons with his wife Michelle and their two children since 2002.

Every week, on Mondays, Wednesdays, and Fridays, Dan swims one mile, and on Saturdays he swims two miles. On Tuesdays and Thursdays he runs, followed by a long run on Saturdays. Dan is one active, driven individual. So much so, he has completed not one, but two, Ironman World Championships in Kona, Hawaii in 1990 and 1995. This is one of the most vigorous and grueling physical competitions on the planet adding up to a whopping 140.6 miles of pure grit.

His nominator added, "Last year he canoed 340 miles down the Missouri River in the MR340 canoe race! He always finds time to work out, even when he is tired, sore or busy. He inspires me to be healthy and fit."



He also has plans to compete in his first ultramarathon in November. A 50k called the Box Canyon. Sounds committed doesn't he? And admittedly, a little intimidating.

Dan is just as passionate about his work as he is about his fitness. For 33 years he has worked with youth-at-risk in a variety of settings: a principal at a boy's private residential program, a therapist at a boy's group home, an organizer of an outward bound program, and more. He has made a difference in the lives of countless people. In his current role, he teaches math at Great Circle in Webster Groves. "Social work and teaching go hand in hand. I always remember wanting to be a teacher, and I've always seemed to gravitate toward troubled kids. Connecting with the kids is my talent," said Dan.

Some people are so busy doing exactly what they were born to do, they miss what the rest of us see in them; an inspiring and truly extraordinary person. These traits are surpassed only by the fact he sees his work as an ordinary part of life. The rest of us see them for what they are; amazing. That's exactly what Dan is, a truly amazing human being.

So, how does a person like Dan connect with the rest of us? By recognizing what a healthy life style has to offer. Isn't that why we're all at The Pointe in the first place? "Be active and find a balance in your life. That's the key. You have to balance work, home and your personal life. I find exercise to be an important part of that," Dan recommends to fellow Pointe members.

"This facility has a lot to offer, and our pool is ten times better than anything in the area," Dan said. "My wife Michelle and I have both become gym rats. Being in shape is important to us. For me it's a great transition between work and home. I also really enjoy the social aspect this facility offers. I've met a lot of people here in the pool and the hot tub and have really enjoyed their company."

Dan, your humility, perseverance, and hard work are seen by everyone around you in your work, your relationships and your fitness. Thank you for inspiring so many people at The Pointe, and congratulations on being named September's 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!*