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# STORYTELLER

## JEFF MEYER

Jeff Meyer has been a football referee for more than 20 years and has always loved it. However, last year something changed, he started experiencing headaches and was getting lightheaded. Jeff knew he had to do something, luckily a friend of his, Ted, convinced him to go to the doctor. It took some time due to COVID, but Jeff finally got into his appointment and was diagnosed with high blood pressure.

Jeff's doctor put him on blood pressure medication and told him that he needed to make some lifestyle changes. Jeff was ready to make those changes for his kids and grandkids, because he wanted to make sure he was there for them and wanted to be a better example for them. A few weeks later he joined the Y.

He joined the Y because of the Summer Startup Special that happened to be going on in June. Jeff took advantage of the 3-month discount he got. He admits the first month was hard "it started slow; I wasn't seeing any progress. I went to the doctor like what am I doing wrong? He told me to keep going I'll start seeing progress if I keep at it." Jeff kept going. Starting out he mainly did cardio; cycling was his go to piece of equipment. Now, Jeff's routine is about 45 minutes on cardio and 30 minutes on strength. You can find him in the Y 6-7 days a week!

Exercise isn't the only thing Jeff comes to the Y for. While the special got Jeff in the door, the people keep him here. "Everyone here is fantastic the members and the staff, let's call it the Y factor." Jeff says he's met many wonderful people and friends during his short time at the Y.

He's also improved his lifestyle outside the gym by changing his diet, saying it's about more than working out, "you can't exercise yourself out of an unhealthy eating lifestyle." He credits his wife Anne with checking what she's buying and helping with the meals. Jeff also says his doctor and Ted, who recommended he go to the doctor, gave him pointers on what to eat and exercise advice.

Recently, Jeff returned to the doctor and left them amazed by his progress. Since June Jeff has lost 85 pounds, evened out his blood pressure, and no longer has headaches. His goal is to lose another 10-15 pounds and maintain his new, healthy lifestyle. For those who haven't started or are in a slump Jeff says "if I can do it anyone can. I never thought I'd be in shape at my age."



**Thank you Jeff for being a **STORYTELLER** for the YMCA!**