

# SPORTSCLUB MEMBER SPOTLIGHT

## QUADGIELA QUARLES (QUE)

My name is Quadgiela (Que) Quarles and I have been a member of Sportsclub since 2016. I have always been very active when it came to my exercise routine, but never really had a goal in mind when I joined Sportsclub. I took a lot of classes to start; however, I transitioned to lifting weight 5 to 6 days a week and became addicted. (Lol). Instead of taking classes to get my cardio in, I would walk 10,000- 12,000 steps a day after lifting weight. I wasn't really trying to lose weight, I just changed my food choices and exercised which allowed me to create a caloric deficit causing a healthy weight loss. Seeing my results keeps me moving forward because I now have a goal weight in mind that I will meet. My intention is to stay positive and play great music to get me ready for my workout. I also encourage you to Be Positive, Stay Focused, and Become a Better You!!!

