

How My Health Club Helped Me Grow Myself

"I am an avid gardener. Not a weekend gardener, not a few potted plants gardener, but a full-blown half-acre English Cottage Garden gardener. None of this is easy work, it takes stamina to punch through the heat and humidity. I am also another kind of a gardener - I grow myself. I am not the kind that settles down, accepting the inevitable, doing the expected, and waiting my turn. I get up and go-get. Three years ago I assessed my life and made some changes. One was to get physically fit. I joined Gainesville Health and Fitness Center, the metamorphosis was dramatic. I sleep less but soundly, I work hard but happily, and I enjoy my life more knowing that it is going to be a long and healthy one. I planted an elm seed and put it right where I wanted to sit in the shade twenty years from now. It will take us both strength and stamina to make it to that day twenty years from now, but I know I will be there because I've discovered how to get there."

*Remzey Paul-Samarri
Loyal Member Since 1997*

The logo for Gainesville Health & Fitness features a stylized human figure in black, with arms and legs extended in a dynamic pose, positioned above the word "Gainesville" in a bold, serif font. Below "Gainesville" is the text "Health & Fitness" in a smaller, sans-serif font.

Gainesville
Health & Fitness®