

Floyd Knobs couple win national fitness honor

Like a lot of working parents, Jeremy and Susie Bowen's lives had gradually gotten a little out of control. With three active children to take care of and shuttle around, Jeremy and Susie had little time for themselves. Dinner often consisted of one fast-food meal or another, they had little time to exercise and their respective waistlines kept getting bigger and bigger.

Sound familiar?

Shortly after the 1st of this year, Susie noticed that an Anytime Fitness club had opened a few miles from their home. She told Jeremy she planned to sign up and asked Jeremy if he wanted to join her.

"He quickly said 'yes,'" Susie recalls, "partly because he's so competitive, partly because he thought he looked like a beached whale."

Fast forward eight months and the Bowens are no longer in Floyd Knobs. Instead, a combined 100 pounds lighter, Jeremy and Susie are up on stage in Midway, Utah accepting a "Member Success Story" award at Anytime Fitness' 3rd annual national conference.

"Jeremy and Susie are truly an inspiration to so many people," said Anytime Fitness national media director Mark Daly. "They were chosen as winners from a pool of hundreds of applicants sent in by Anytime Fitness club owners from all over the country. They stood out because of their teamwork and commitment to one another. They're busy – like a lot of people these days – but somehow they find the time almost every day to make it to the club and work out. They do it for each other and that's a really important message."

The club the Bowens belong to is owned by Steve and Stephanie Gilland. Daly also had several kind things to say about the Gillands and their club.

"In important ways," Daly said, "Steve and Stephanie's club is like most Anytime Fitness clubs across the country. It's open 24 hours a day, so it's convenient. It's affordably priced. It has top-notch equipment and the owners genuinely care about their members. But the Gillands' club is also unique in many ways. They offer special exercise programs which you won't find at most clubs and the facility is absolutely gorgeous. They take a lot of pride in their club and it shows."

A video depicting the Bowens' "success story" and the Gillands' club was shown to an audience of 400 people at the Anytime Fitness awards ceremony at the Zermatt Resort in Utah. When it was over, the Bowens and Gillands both received standing ovations.

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