

Sam: It's always some type of constant progression that you can get when you are working out. It all translates into every other thing that you do in life.

Title: GOLDEN 1 PRESENTS
A MILLION THANKS

Title: SAM & SARA
MEMBERS SINCE 2015

Sam: We refer to ourselves as a team.

Sara: We cook, we clean, we go to the gym.

Sam: The fact that we can grow and learn together, to me, that progression is like a big deal.

After the wedding, we were a little bit surprised at the amount of debt that we had. When you hear "10-year plan" to get out of debt, you know, it is pretty discouraging.

Krystena: When Sam came in, he was looking for a way to reduce his debt. What I was able to help him out with was a few goals. He kind of took my idea and made it his own.

Sam: The more of that debt that you see leaving, the better the energy is around.

Krystena: I see Sam as a goal-oriented, hard-working guy.

Sam: To have that help, that's a big deal.

Sara's family is full of entrepreneurs. She's the first generation born in America. For them to start businesses and be successful is just eye opening.

Long term, I would like to start a fitness accessories business.

Krystena: We want to show Sam and Sara that we believe in their dreams. So, we are setting up a savings account.

Sam: [reading Thank You card] "Sam and Sara, we created a savings account for the two of you to kick start your fitness business.

Sam: No way!

Krystena: I take pride in Golden 1 for being there for their members the way that they are.

Sam: Thank you!

Beyond my mind!

I made a really good decision by going to Golden 1.