

Jordan Croop

HMR Client

The theme of my life over the past two years has been “change.” Graduating college was a big shift, bringing with it the transition from class life to work life and a total restructuring of the everyday. The first job brought full-time requirement and dedication, which made finding balance hard; learning to prioritize without sacrificing self-care was a challenge sometimes. Jobs change and circumstances evolve, so I needed to find a better constant in myself to live the life I want.

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I wanted to step up
and take ownership
of my life again.
HMR seemed like a
great way to do it.”

The HMR program was appealing to me because it’s convenient and has different ways to go about it. Healthy Solutions sounded great, but I needed flexibility to fit something I could commit to into my schedule—so I chose HMR at Home, because it gave me more control over how I followed the program. With HMR at Home, I didn’t have to attend classes or work with coaches, so it was on me to stick with it and make sure I was constantly progressing.

“
Meal planning
has helped me
manage my progress
closely, while giving me
the flexibility to eat
what I want.”

so I’m fueling my progress and learning how to eat fresh more consistently at the same time. The food is pretty good, and there are a ton of options to keep things different—that variety has made it much easier to stay away from sweets and greasy foods, which has shown me that it’s not as difficult as I thought to keep making healthy choices.

As my eating habits get better, it’s become easier to stick to a more regular workout schedule. I follow my own routine at the Club, on my own time, which involves a lot of running on the treadmill and making sure I get in a few games of basketball each week—mixing sports with exercise is more my style, and has worked really well for me so far.

Since I started HMR, the biggest change I’ve noticed is that I have more energy all the time. Exercise is getting easier, I feel way less pain in my legs after working long shifts on my feet, and I’m getting better in the kitchen as eating better is becoming second nature. It’s helped me re-take control and live the way I want again.

“
I love how much
more energy I have.
Standing at work,
exercising the gym, &
playing on the courts
has gotten easier.”

The advice I’d give anyone thinking about making a change is to go ahead and do it! If you stick to the plan and commit to the program, great results are inevitable and won’t be hard to see.

Jordan

The Cincinnati Sports Club has two convenient entrances: 3950 Red Bank Rd. or 5535 Murray Ave. Learn more about the city’s finest club at 513-527-4000 or www.CincinnatiSportsClub.com.

