

MONTHLY MEMBERSHIP CHALLENGE

AUGUST 2022



CONGRATULATIONS TO OUR WINNER!

\$25 GIFT CARD TO REDSTONE AMERICAN GRILL

JOE NELLIGAN



Where are you from? I was born and raised in Chicago, and now live in Indian Head Park.

When did you become a member? Decades ago I was a member and mostly used the track and gym. About 7 years ago, my wife and I rejoined so we could go to work out classes together.

What motivates you? Exercise has always been a part of my life. I feel lucky that I can exercise more now that I am retired and have more free time. My goal is to keep healthy to stay active with my children and grandchildren.

What is your favorite way to be active at the Oak Brook Park District facilities? Classes! I love the group exercise classes because of the instructors, other participants and the workout I get. I also enjoy the running track and extensive outdoor walking space. And, I have recently started using

the pool more often. The facilities here are amazing – I feel lucky to be a member.

What is your favorite food? A healthy dinner of fish and vegetables... unless White Castle sliders are on offer.

Do you have any skills or talents most people don't know about? I have 7 children and 20 grandchildren (many who live nearby) and they keep me busy.

What's a goal you have for yourself that you want to accomplish in the next year? Stay healthy with no injuries!



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