

November Member of the Month

DENNIS SANTOS



What fitness goals have you reached in the past 6 months?

I got back into yoga. Hadn't done that in 5 years and really wanted to get back into it. Thank goodness the IDS Fitness Center has it!

What is your favorite "cheat" food?

Buffalo wings. I could live on them. Breakfast, lunch, dinner, snacks... you name it I'm always up for Buffalo wings.



What do you feel is your biggest achievement in fitness?

I lost 50 pounds during the pandemic and so far have kept it off.