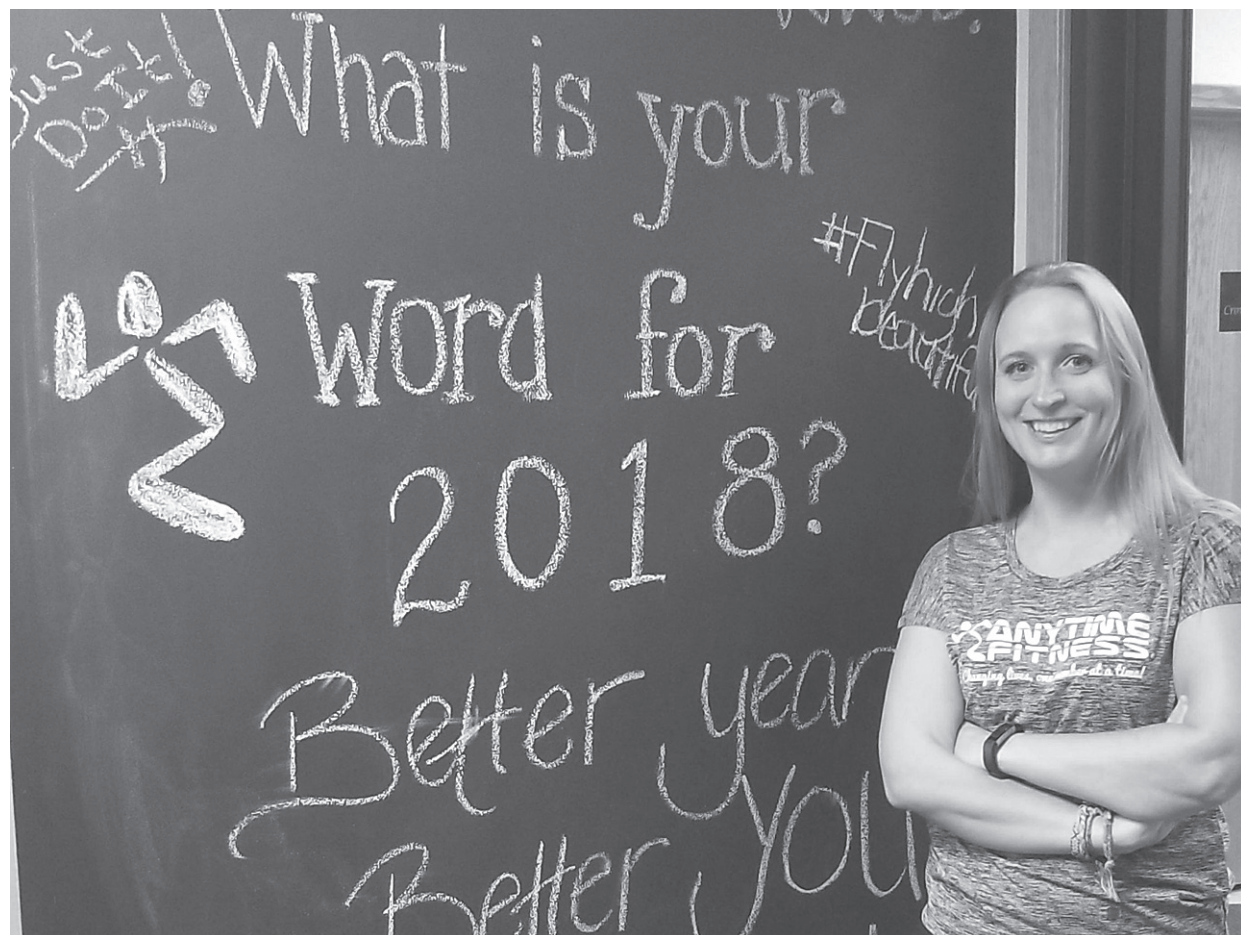


## Fit Exercise Time That Suits Your Life At Anytime Fitness



Stacia Sytsma Anytime Fitness manager motivates clients with inspirational mottos. She has been overseeing Anytime Fitness since May 2017. She loves what she does and hopes to encourage people to be the best they can be.

By: Karen Carpenter

Everyone knows how important exercise is for ones health but life gets in the way. Perhaps an unexpected meeting comes up or an appointment gets rescheduled and ones exercise routine goes by the wayside.

Anytime Fitness members are given a key fob to the facility so they can exercise whenever time permits. Whether one is a night owl or an early morning riser, they can customize the exercise time to their own specific lifestyle.

"I like to see people at their best," said Anytime Fitness Manager Stacia Sytsma. "People should have the opportunity to benefit from health and wellness."

Sytsma became manager of the Barnesville's Anytime Fitness in May 2017. The owners, Warren Schialz and Dave Grueneich live in

Fargo.

The exercise facility is staffed from 11:00 a.m. to 3:00 p.m. Monday through Thursday and Tuesday evening from 5:00-7:00 p.m.

During those times one can get help from Sytsma with operating equipment or advice on the type of workout that might best fit ones goals.

An appointment with Sytsma can be made at non-staffed times if desired.

Once one is comfortable with the equipment, the exercise routine is at the convenience of the member.

There is an initial joining fee and a membership fee. Once a member, exercise enthusiasts can workout at an Anytime Fitness facility anywhere in the country.

This is an added bonus for those who travel often for business. Even on vacation, one has the opportunity

to plan a quick workout around site seeing.

The Barnesville facility has approximately 230 members. Sytsma has set a goal of reaching 300 members in 2018.

Youth from 14-16 can be members but they must be accompanied by parents to use the equipment.

Sytsma says, "we have people from 14 to age 80 who are members. There are all different skill levels among the members. We have become a little family here."

Groups can, and do, meet at Anytime Fitness to workout together. They can get some visiting done while putting in the daily exercise time.

Sytsma has a medical background. She worked as a nurse in the mental health area. "I just needed a break from that line of work," commented Sytsma.

She is currently taking classes to become a personal trainer. Sytsma hopes to hold some exercise classes outside on the parking lot this summer.

In the future Sytsma is also planning to have a nutritionist or dietician speak about healthy eating at the fitness center. Exercise and healthful eating go hand-in-hand toward better body fitness and strength.

"I also have a goal of beginning some walking groups in the coming months. I believe Barnesville is very active for its size. I would like to see the community keep going in that direction," continued Sytsma.

As manager, Sytsma has seen many instances where people have expanded their energy and endurance through exercise. The skill level increases with heightened energy.

Another important aspect of the fitness business that Sytsma has noticed is building of relationships. Members are willing to assist each other with questions or help each other on the equipment.

Sytsma has found that members of Anytime Fitness are respectful of the equipment and of each other.

She has an "above and beyond" award box at her work area. When Sytsma notices someone being kind or helping others in some way their name goes in the box. Names are drawn and prizes given for those small acts of kindness.

"The point of going to a gym isn't to lose weight," observes Sytsma. "It is about being the best you can be and feeling the best you can."

"People need to take care of themselves. Even taking off a little weight can spill over into the rest of their lives. It gives people the energy to do other things that they enjoy."

Sytsma likes to volunteer. She works with the youth group at Hope Lutheran Brethren Church in Barnesville. She helps lead church mission trips. She is active in Cub Scouts. "I just like to volunteer where I can," said Sytsma.

Her daughter, Lucy, is a competitive gymnast, so much of Stacia's free time is spent driving Lucy to practice or to competitions.

The Sytsma family includes four children Shayla, 16, Kason, 14, Lane, 10 and Lucy, eight. Stacia's husband, Matt, works for RDO.

Helping people to live a healthy and rewarding life is important to Stacia Sytsma. She is doing her part to help people in the community reach that goal.



Stacia Sytsma Anytime Fitness manager discusses the options on the treadmill at the workout center with Ryan Beattie. Members have access to all of the various machines and weights for exercise. To stay healthy it is crucial to keep moving.



Exercise can be fun! Anytime Fitness manager Stacia Sytsma and Wyatt Cuyper are working with hand weights at the workout center in Barnesville.

### BIEWER'S

#### Tractor Salvage, Inc.

218 493-4696

**We Can Make Your Tractor Run!**

**We have...**

- Spark Plugs
- Batteries
- Tune-Up Kits
- And More!

Website: [www.salvagetractors.com](http://www.salvagetractors.com)  
[stores.ebay.com/biewers-tractor-salvage](http://stores.ebay.com/biewers-tractor-salvage)

**Click to see pictures! Will Ship Anywhere!**  
16242 140th Ave S • Barnesville, MN 56514

**Free Parts Locating Hotline**

## AIR

### TIGHT INSULATION

**Blown Insulation • Fiberglass Cellulose • Foam Insulation**

*Improved R Value Guaranteed!*

**Rick Sauer • Pelican Rapids**  
**218 841-7373**



*Proud to serve the Barnesville area!*

**Shelly Dunham**  
**LAKES COUNTRY INSURANCE AGENCY, INC.**  
**218-863-1800**

105 S Broadway, Pelican Rapids, MN  
shelly@loretel.net  
License #6559



## We are proud to be in the Clay County area...

# RAPAT

CORPORATION

Rapat Corporation \* 919 O'Donnell Street \* Hawley, MN  
Toll Free 800 325-6377 \* 218 483-3344 \* Fax 483-3535  
[www.rapat.com](http://www.rapat.com) \* E-mail: [info@rapat.com](mailto:info@rapat.com)



## Three Trees Landscaping

Mowing (Home or Business) • Sod  
Snow Removal • Trees • Grading  
Landscaping • Spring & Fall Cleanup  
Power Raking • Aeration • Seeding

**Barnesville, MN**  
**218 493-4207 or**  
**888 360-TREE (8733)**