



## John "JR" Wesley Russell

March 22, 1945 - January 6, 2022

John "JR" Wesley Russell went to be with our Lord on January 6, 2022 surrounded by his loving family at his home in San Antonio.

JR was born in Monahans, Texas in 1945 where he played basketball and football in school. He moved to Austin, with his brother-in-law Skip Byron, where he graduated from Sidney Lanier HS in 1963. His love for sports and athleticism grew while he attended Texas Tech University, in the School of Business, and trained daily in the gym.

Many remember JR as an extraordinary salesman and motivator. He began his journey into inspiring others to lead fit and healthy lives with fitness centers in Abilene and Odessa. From there, Jim Wyatt gave him the opportunity to become a co-owner of International Fitness centers in El Paso where he met his wife, Patricia "Patti" Russell. Together they spent the next 15 years helping their members achieve their fitness goals. The pair eventually joined Dr. Joe Davis to open Ultrafit Preventive Medical Centers starting in Edinburg, TX and expanding throughout the state. Their unique health model coupled fitness with preventative medicine by offering free outpatient health care for any member who exercised in the gym ten or more times a month. The Ultrafit concept along with the Amino Acid Diet helped thousands of Texans become both fit and medicine free. After over twenty years of encouraging others to lead healthy lifestyles, JR and Patti sold Ultrafit Preventive Medicine Center

and Resort in Kerrville and retired in San Antonio to be closer to their family.

As a devoted Christian, JR embodied 1 Peter 4:10: "Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms." He was a devoted husband, dad, and grandfather whom his three grandchildren called, "Pops." JR was famous for his infectious smile and outrageous sense of humor that lit up any room. His stories were legendary, and, as the embodiment of a classic Texan, he loved cars, motorcycles, and hunting.

JR is preceded in death by his father, Marvin Russell; his mother, Ada Roslie Russell Roach; his brother, Walter Matthews; his sister, Rose Byron; his father in law, Henry Moss Green; and his brother-in-law, Jimmy Green.

He leaves behind the love of his life, Patricia Russell; his son Jason Russell (Vanessa), his daughters, Emily Carroll, Ashley Davis (Johnnie); grandchildren Thatch Russell, Rueger Davis and Ainsley Davis, his sister Marvilyn White (Cecil), his brother-in-law Skip Byron, mother-in-law Anna Belle Green, brother-in-law Hank Green, and sister-in-law Debbie Schwind and many cousins, nieces and nephews, as well as his beloved Pomeranian Acer.

A memorial service will be held at Cornerstone Church on March 19th at 11:00am. You may sign in the online guestbook at [www.missionparks.com](http://www.missionparks.com).

In lieu of flowers, the family requests donations to be made to Heart-to-Heart Hospice at <https://www.htohhfoundation.org/donation/>, Cornerstone Church at <https://www.sacornerstone.org/give> and The Alzheimer's Association at <http://act.alz.org>

# Previous Events

## Memorial Service

MAR 19. 11:00 AM (CT)

Cornerstone Church  
18755 Stone Oak Pkwy.  
San Antonio, TX

# Tribute Wall



“ *Crystal Cross Bouquet was purchased for the family of John "JR" Wesley Russell.*



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March 18, 2022 at 01:23 PM



“ *Large Basket Garden was purchased for the family of John "JR" Wesley Russell.*



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March 16, 2022 at 02:05 PM



“ *John always greeted us with his warm smile and entertained us with his keen sense of humor. He loved telling stories about growing up in Texas that we could relate to. His love and devotion for our dear friend Patti and his family was quite evident. So Rest In Peace sweet John. You will be missed.*

*Jane and Pat Bergmann*

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**jane bergmann** - March 09, 2022 at 09:33 PM



“ *Peaceful White Lilies Basket was purchased for the family of John "JR" Wesley Russell.*



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February 16, 2022 at 11:54 AM