

March

MEMBER OF THE MONTH

Steph

What keeps you motivated to stay healthy?

I've done various forms of exercise throughout my life, but two years ago I was inspired by my then 76 year old mother to start lifting weights! I started working with her personal trainer on weight lifting and then added in cardio. I continue to work out and eat healthy foods because I feel better, my joints hurt less, my clothes fit better, I'm happier and I can continue to be active with my family. (And to be honest, knowing that I have an appointment with my trainer every week certainly doesn't hurt.)



What is your favorite exercise to do at the Fitness Center?

My favorite things to do at the Fitness Center is to read my book, watch a show or listen to my pod cast. I just happen to also do the elliptical at the same time. I had carpal tunnel release surgery in January, so added in a circuit of weight training on the weight machines. The machines better for my rehab than a full free weight circuit.

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