

March Member of the Month

Elisha Johnson



What are your fitness goals for the next 6-12 months?

Of course the Downtown Dash with several of my teammates in May! I'm also planning on my 2nd duathlon in May (run 3 mi, bike 14 mi, run 2.5 mi) and hoping for another half marathon later this year. With that, I'm always working on gaining strength and cardio endurance.

What is your favorite “cheat” food?

I love a good donut!!



What do you feel is your biggest achievement in fitness?

Staying active has allowed me to live with almost no back pain. I have scoliosis (curvature of the spine) and used to be told lifting wasn't good for me. I learned as I got older that lifting and running were actually the things that were keeping me pain free!