

# March Member of the Month

Elisha Johnson

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## 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!