

# November Member of the Month

Andrea Carter

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

Not being winded after running a mile for the Mile Run Challenge 😊

Maybe this will spark a 5k or 10k in my future....

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**What is your favorite “cheat” food?**

Cheez-itz, pasta, pizza, wine, sweets



**What do you feel is your biggest achievement in fitness?**

When I try something new fitness related – like paddleboarding or snowshoes. Realizing that working out can be fun!