

November Member of the Month

Andrea Carter



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....

What is your favorite “cheat” food?

Cheez-it, 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!