

# September

## MEMBER OF THE MONTH

**Linda**

### What activities do you enjoy outside of the Fitness Center?

Since adopting a rescue dog in July, any free time I have involves taking the dog (56 pounds at 10 months of age!) for walks. I'm making forays into jogging with the dog. However, my "jogging" pace is most people's power walk pace so it's basically taking the dog for a trot!



### Finish this sentence: My definition of health and fitness is...

Having strength, stamina and a positive outlook!

**PIVOT  
FITNESS**