

January

PIVOT FITNESS

MEMBER OF THE MONTH

Donna

What activities do you enjoy outside of the Fitness Center?

I have four grandchildren that I mostly enjoy and I have a Facebook page and playgroup for Cavalier King Charles Spaniels that I manage, and I am a Cavalier foster parent.



What keeps you motivated to stay healthy?

Retirement!! I want to be healthy so I can be active in retirement.

What do you feel is your biggest achievement in fitness?

In about June of 2023 I decided it was time to make some big changes. Since then I have lost 52lbs and am down two pants sizes.

(Check out Donnas before and after photos on the next page!)



**PIVOT
FITNESS**