

Pivot Fitness Member of the Month: Carole Schultz



What keeps you motivated to stay healthy?

My body just feels better when I'm active. I've gone through periods of lower activity and eating unhealthy, and I just don't feel good at those times. As hard as it can be to get moving, once I start, I find that I'm happier, have more energy, and actually less stiff and sore than when I'm in a couch potato phase.

Also, I am an opera singer by trade so my body is my instrument. Gotta stay strong to sing that loud!

What is your favorite exercise to do at the Fitness Center?

I am a big fan of the Butts and Guts class. I enjoy lifting weights and running as well but hate making the decisions about what exercises to do. I love it when I can just follow Hope, lol. Its always a good workout!

What do you feel is your biggest achievement in fitness?

My biggest achievement in fitness is that I am able to do things for myself. Being strong and fit allows me to move through the world confidently, carry heavy things, do work around the house, and just trust that my body is there for me. I also absolutely love the look on peoples' faces when they see me (a smaller sized, female human) pick up objects they have deemed 'too heavy for me to carry' and easily walk away with them.