## January

# MEMBER OF THE MONTH

## PIVOT FITNESS

#### 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?

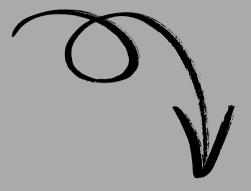
Retirement!! I want to be healthy so I can be active in retirement.

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