



Member Spotlight for
September, 2019

Silvia Hincapie

Occupation: I work in QA at Cargill.

How long have you been a member? I have been a member for 15 years at the Wellness Center.

What are your favorite activities outside of the gym? I am a very active person. I like to take walks and enjoy being with my family.

When did you start working out and why? I started working out because I like to take care of myself. Maintaining a healthy lifestyle is very important to me.

What is your favorite workout/exercise? I say walking would have to be my favorite exercise.

Describe your workouts. How many days per week do you exercise? My workouts include doing weights and full body exercises and walking.

I work out six days a week.

What keeps you motivated? I feel better after working out. Exercise improves both my mental & physical health.

What advice would you give to someone who is just starting their fitness journey? You just need to get started and keep in mind that your good health is the main reason to keep going with your program.