



## Member Spotlight for November

# Alicia Morrison!

**Occupation:** Medical Editor and Legal Assistant

**How long have you been a member?** I have been a member for 13 years.

**What are your favorite activities outside of the gym?**  
We love going to all of the Husker sporting events.

**When did you start working out and why?** I started with physical therapy to rehab an injury. I saw the difference it was making in my health and started my exercise routine.

**What is your favorite workout/exercise?** My favorite workout activities revolve around the pool. I love working out in the water, doing laps and weight exercises.

**Describe your workouts. How many days per week do you exercise?** My workouts consist of 40 minutes on the NU STEP, and also doing the weight circuit. I then do 20 minutes of laps in the pool and then exercise using the pool weights.

I try to work out four to five days per week.

**What keeps you motivated?** I just feel so much better after a workout. If I miss a workout, I feel sluggish.

**What advice would you give to someone who is just starting their fitness journey?** You just need to get started. Find a physical activity that you like to do and stick with it!