

May is the month known for Mother's day. This year's Member of the Month, Pamela Greene, is a Mother of two girls and has been a fitness center member since 2009. However, she has had over 430 visits over the past three years! Not only is she a full-time mother and employee, but is also a marathon runner who qualified for the Boston Marathon by over 24 minutes this winter -by running the Houston marathon in a blistering time of 3:31:38! That is an 8:06 pace! Anyone who's ever run a marathon knows the training and dedication it takes to prepare for a great race like Pamela Greene ran.



When asked why Pamela joined the fitness center back in 2009, it was to train for a 10k. Easy to say she has well surpassed that original goal. As mentioned before, Pam has attended the fitness center over 430 times in the past three years at a rate of 4-5 days a week. This is not an easy task to accomplish while trying to raise a family! She has realized the benefits of being on a consistent training routine. It has not only helped her become leaner and stronger in her core and all around, but has helped her running times in return. It has also made her a healthier person. This of course does not come without challenges. "My biggest challenge is time. There are only so many hours in the day. With managing work and family it sometimes is easy to just grab the Chick Fila for dinner. Just like I set exercise goals, I actively plan meals and I am working hard to stick to the plan. It becomes difficult to manage when time is of the essence."

When describing her workout philosophy, she sums it up with: "I never finish a workout and say --I feel terrible, I shouldn't have done that! ... so just do it!" You can see Pam makes fitness a lifestyle priority and makes the time.

While at the fitness center, Pamela has taken advantage of some of the amenities like the treadmill-- for those grueling runs early in the morning-- as well as the trainers. "I've worked with the trainers. I've found that they are passionate about what they do and they are committed to helping clients meet their fitness goals. Not only that, they are knowledgeable about fitness and give good advice on injury prevention and caring for an injury."

Exercise is also a big stress reliever for Pam. When it comes to her nutrition she says "it's a journey."

She adds, "take it one day at a time and do what works best for you. No one size fits all. I personally try to keep nutrition as natural as possible. I don't drink protein shakes, instead I try to get my protein from sources such as eggs or lean meats."

Pamela's family and her friends are her biggest supporters, but when she's not at the fitness center or at work she likes to spend her time with them-- running (of course) and she values her quiet time.

One last thought from this incredible mother that we are proud to represent, "It takes work, a conscious effort and commitment. There are no quick fixes or shortcuts."