

Mother and Son Tackle Their First 5-K

One year and 65 pounds lighter, Pat Woodward and her son, Matt Sharp, crossed the finish line for their first 5-K.

Pat and Matt joined the Wellness Center last January during the Make One Change program, but it wasn't until over a month later that they enlisted the help of Exercise Physiologist Molly Abraham. Patricia said, "I was overweight, and I did not like that. I knew I needed to make a change and needed the help of a professional. Molly pushed us but she gauged how much we could do within a safe zone. Now I can't imagine not coming to the gym."

Matt said, "When I first joined the Wellness Center, I did not come here with the intent of running. I had never run a mile, but it became my goal during my personal training sessions."

After Matt met his personal one mile goal, Molly offered up another challenge for him and Pat: to sign up for a 5-K. "At first I wasn't very keen on the idea. I wasn't sure if it was something I could do." Matt said, "But when I crossed that finish line, I not only felt a sense of relief but also excitement in my accomplishment."

Pat notes that this experience has had an impact of her daily life. "I am much more aware of being active during the day and not just staying at my desk. I have also made an effort to eat healthier," Pat says. As a result of her hard work and lifestyle changes, Pat is now able to wear clothes she hasn't been able to wear in years.

"When I saw them cross the finish line, I was just so proud." said Molly, "They were golden clients. I would offer suggestions, they listened, and they got the results they wanted. Through this experience they have become more than clients, they are my friends."

While they both have come a long way through their journey towards better health, Patricia and Matt agree that they still have goals in mind for the future. Pat says, "We plan to continue at the Wellness Center. There is still more to do."



Attending the Wellness Center has become a part of Matt and Pat's daily routine



Molly attended the 5K to support Pat and Matt. Grace Stewart also ran to support her mother and brother.

If you are interested in training for a 5-K race, the Wellness Center has developed an 8-week training plan. You can pick yours up at the member file station in the folders marked 5-K. Be sure to ask staff if you have questions or want additional tips.

If you are running a 5-K, please tell us so we can cheer you on!