



ATHLETE OF THE MONTH KELSEY CARLTON

Meet Kelsey! She is strong, smart, and determined to succeed. As a recent graduate of the Florida State University College of Law, Kelsey has big plans. She is in the process of studying for the bar exam and is looking forward to starting her law career.

Kelsey is a Tallahassee local, former cheerleader, and avid runner. In addition to balancing the challenges of studying for the bar exam and consistently working out at Sweat Therapy, she is a part of the local running community and runs with Fleet Feet Tallahassee. She loves pushing her limits and is always down to go explore new trails throughout the Tallahassee area.

Over the years, Kelsey has tried both local and corporate gyms and studios around town. With her cheerleading background and love for group style running, she naturally gravitates towards group exercise. The friendly competition and built-in accountability fuels her to perform at her best. "I like the accountability of group workouts and I love that Sweat offers a variety of different morning workouts. The morning is definitely my preferred window of time to work out."

"In one of my first workouts at Sweat, I burned over 500 calories during TRX + Abs. Which was crazy to me. I was so sore from all the TRX runners that Rebekah made us do! I remember thinking everyone was so strong, and people were much more personable than at other gyms I had been to." Kelsey's immediate connection with the trainers, paired with the kindness of the other participants motivated her to stick with it.

Kelsey values the caliber of instruction and expertise that the trainers offer at Sweat Therapy. Rather than just going through the motions or mindlessly performing an exercise, she now pays close attention to form and recognizes the importance of mind-muscle connection. "I feel comfortable pushing myself here. I am focused on body control during the workouts, and it allows me to get more out of each exercise."

Kelsey has noticed significant strength improvements in the muscles along her posterior chain (the muscles along the backside of her body). Her back, glutes and hamstrings feel much more powerful and are stronger than ever before. Focusing on mind-muscle connection and consistently attending a variety of workouts, have played a large role in Kelsey's overall strength improvements.

When asked what her favorite workout is, she smiled and responded, "I love rowing. It's like this super skill that I didn't know I had! On Tuesday nights, when I run with Fleet Feet, I tell them that I have to take it easy because I have rowing in the morning. I literally treat each workout like a race. Plus, I feel like I can't let Mike down!"

In addition to rowing, Kelsey enjoys attending Triple Play workouts. "I like Triple Play because I know I'm going to get a break between each section of the workout. I like being able to change it up." She also likes to mix cycling and TRX workouts into her weekly routine.

We are honored to have such an incredible, motivated young woman train with us. Kelsey's quiet determination sets her apart and we could not be prouder. Thanks for being a part of the Sweat Family, Kelsey!

KELSEY'S TIPS

- ◆ "Don't be scared or nervous to be the new person."
- ◆ "Everyone at Sweat is super willing to help you."
- ◆ "Don't be afraid to ask questions."
- ◆ "You don't have to figure it out on your own."



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