



# ATHLETE OF THE MONTH TENLEY BICK

Our September ATHLETE OF THE MONTH is Tenley Bick!

As an elite athlete growing up, Tenley spent many years swimming upwards of ten miles a day. Now as a professor at FSU, she faces new challenges, which she loves, but like most of us she often finds herself spending long hours at a desk. She subsequently joined Sweat Therapy Fitness in the summer of 2019 with her friend Meredith. She was hooked! After 9 months away for work in New York, and less active months during the pandemic, she came back to Tallahassee last fall ready to get back to her routine at Sweat. "I was dealing with some chronic back pain and decided to try some personal training with Cecily to work on it, along with my regular workouts. My main goals were health, pain reduction, and mobility, but I love the strength I have built—I am surprised and really grateful to feel stronger than ever. I thought those days were long behind me." As a naturally competitive person, Tenley also found that personal training is a great outlet for her. "It helps me focus on my goals and measure my progress along the way", she says.

Tenley loves the variety of workouts at Sweat; there is always a new challenge to pursue. "My favorite workouts are Cecily's Triple Play and Sweat Barre (I just got my splits, which at 37 feels like a miracle), but I also love the 45-minute Sweat Camps and Lower Body + Core with Lizz, Jordan, and other instructors. It's never boring at Sweat, and the community has given me so much as a relative newcomer to Tallahassee."

We are so proud of Tenley for all the hard work she has put in to reach her health & fitness goals and we are thrilled to feature her as AOTM! Keep it up Tenley!

## TENLEY'S SWEAT TIPS

- ◆ "Keep coming and give yourself time for a bit of a learning curve. (I nearly fell on my face the first time I did TRX. Lizz remembers!)"
- ◆ "The Sweat Team is ready to cheer you on, help you build up to moves with modifications, and support you on your fitness journey."
- ◆ "You'll be surprised by how quickly you'll see your strength and energy improve, and the friendly environment makes it so much fun along the way."



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