



# ATHLETE OF THE MONTH SHARON BRAGG

Another month comes with another Athlete of the Month feature.. Give it up for Sharon Bragg, our December 2021 STF AOTM!

#### **A bit about Sharon:**

Sharon was born in Tennessee, and her family moved to Tallahassee in 1972. She has lived in the capital city ever since. In 1988 she graduated from FSU with a degree in Communications and began a career with the State of Florida, where she met her husband, Cecil. They married in 1995 and after a long and full career for both of them, they retired in 2018. Sharon and Cecil enjoy traveling the world and spending time at their beach place in Panama City Beach.

In her spare time, Sharon is passionate about participating in the TMH Animal Therapy program with her golden retriever, Lucke and also volunteers with Make-A-Wish and Springtime Tallahassee.

#### **Sharon's STF Story:**

"I have always enjoyed exercising and I've belonged to different gyms over the years, but I found myself in a rut... not pushing myself", says Sharon. So, in 2015 she decided to join Kim's Commit to Get Fit workouts. "From that point on, I was hooked on Sweat Therapy! I love that every single workout is different so you never get bored, the instructors are knowledgeable and they focus on motivating you to get stronger and watching your form to prevent injury. Sweat Therapy truly is like a family."

You can pretty much bet you'll always catch Sharon around the studio for her mid-morning workouts during the week. Not only is she committed to showing up, but she is going to PUT IN THE WORK when she does. Her consistency, commitment, positive attitude, and work ethic made her a natural choice for STF's AOTM- and we are thrilled to be able to share her story with you!

#### **STF Favorites:**

"My favorite workouts are Sweat Camp and Sweat Strength. I especially enjoy working with the TRX."

## TIPS FOR SWEAT NEWBIES:

- ◆ "Try all of the workouts until you find your favorites."
- ◆ "Let the instructor know if a certain movement doesn't work for you - they will gladly suggest modifications."
- ◆ "Sweat, Rinse, Repeat!!!"



**SWEAT**  
THERAPY FITNESS