



# ATHLETE OF THE MONTH SYLVIA HORACK

As we round out 2022, we reflect back on the last year. We are so thankful for all of our amazing clients and look forward to what the New Year will bring. We know it will definitely involve a lot of SWEAT and all new Athletes of the Month!

Now, give it up for our final AOTM feature this year, Sylvia Horack! If you've been in a workout with Sylvia, you know she always arrives with a smile and positive attitude, ready to work- even at 6am! She is constantly encouraging others in the room with her and she's always willing to get silly with the Sweat Team, participating in challenges and events like our Halloween costume contest!

#### **A bit about her:**

Sylvia is mom to "an over active but adorable" 4 year old and wife to her college sweetheart who now teaches at their alma mater, FSU. She is a financial advisor and works for a great company that transferred her from the west coast to Tallahassee in 2013.

Sylvia grew up in South Florida and was always in some form of water. "Still my preferred place to be", says Sylvia. "I was also always playing some sort of sport. All through high school we had conditioning practice before school."

When she moved to Tallahassee for college, Sylvia realized she preferred working out in the morning, but had a hard time finding anyone who wanted to work out with her. "It took me a while but I got a routine down that worked for me and kept at it for years."

In late 2008 while living in San Francisco Sylvia suffered a traumatic brain injury that put her in the hospital and out of her regular fitness routine for four months. Sylvia calls this time hospital/house arrest. "It was against my will so I will not call it bed rest", she says. Thereafter she was able to participate in very limited activity for almost a year. "I made up for it by walking to and from work and anywhere else I could walk, but completely fell out of a gym routine".

#### **Her STF Story:**

After moving back to Tallahassee Sylvia struggled finding a gym routine again. In 2014 a friend of hers took her to a Triple Play workout at Sweat one evening and she was hooked. "Cecily was the instructor and she told me to try different workouts to see what I liked. I realized I was enjoying workouts that I never thought I would, and it became what gets my blood flowing every morning. Though my coworkers hate how chipper I am walking in to work (THIS is the positive attitude we're talking about). I never would have thought I'd enjoy group workouts, now I tell everyone I can to give it a try."

#### **SYLVIA'S STF TIPS:**

- ◆ "Try out different workouts, I never thought I'd love to row without being on water and it's one of my favorites!"
- ◆ "Don't give up or get discouraged. Everyone has different strengths and weaknesses, good days and bad. I had a rough time trying to get my mama butt back into shape and wanted to give up a ton of times, but sticking with it has me feeling better than I have in years."
- ◆ "Get to know others in the room with you. Along with the instructors, my workout buddies have been such a source of encouragement (and laughs). I've been blessed to make some great friendships through my Sweat workouts."



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