

# Connie Dula




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Connie Dula is a project manager/business analyst for first American, she has been a member since 2007. Since joining she has lost 8 pounds, gained flexibility, muscular strength and lowered her blood pressure from 165/90 to 118/80. Connie's exercise routine consist of USTA tennis 2-3 times a week, personal training with Dana, Power Pump on Thursday and Yoga. She also enjoys antique shopping, working in her garden and spending time with her two dogs Maggie and Trebby. When asked what she liked about The Solana Club, Connie answered, "I really enjoy the classes and the people in them...we are all here for a common purpose and it makes working out easier!"

Connie's trainer has said, "Connie's an upbeat, optimistic and hardworking person that always gives me 110%." She reads Shape magazine and has pictures of her favorite players (Nadal, Sharapova) posted in front of her treadmill for motivation. "It's so easy to get discouraged, I worked out for six weeks watched my diet like a hawk and still didn't lose any pounds or inches. Instead of getting discouraged, I vowed to try a different approach. You have to find what works for you!"



## **WORKOUT**

-  USTA Tennis 2-3 times per week
-  Personal training with Dana 1x per week
-  Power pump & yoga 1x per week

Treadmill at home