

Karin A. Martin




"Being fit is the greatest gift you can give yourself."

Karin Martin is the Solana Clubs newest inspiring member. Karin runs 5k races regularly, she won the Trophy club Fourth of July 5k in 2008, she placed 5th in the 2008 Ft Worth Turkey Trot. She also competed in Grapevine Runners and Walkers "Hound Dog Hustle" 5k last April. She loves running and biking, she has ridden in several bike races in the area. Karin's grandchild Kaeleigh, 6, will be joining her in 1k fun runs soon. Karin enjoys yoga, spin, water aerobics, resistance training and the convenience of the location at the Solana. Karin is a real go getter and has inspired her husband of 34 years, Bob Martin, to want to get fit and live a healthier life. Since joining the Solana, Karin has experienced pain management in her back and overall higher energy level. Karin has said the Solana is always clean, in working condition and the staff is very helpful and friendly. "I don't feel like I'm in a meat market". Karin also enjoys gardening, decorating, movies, spending time with family, friends and shopping. Karin's words of encouragement to anyone would be "being fit is the greatest gift you can give yourself. Find a set of exercises, or a class, a time of day, a friend to work out with: whatever works for you. Stick with it! It's fun, you will feel better about yourself and everyone around you will benefit."



Member since 2008

WORKOUT

-  Runs 5K's, 29 mile bike rides
-  Yoga & Cycling 1X per week
-  Cardio & Strength Training 1X per week

Water Aerobics