

# SPOTLIGHT

MEMBER OF THE MONTH  
MAY 2025

**Better, Healthier You**  
Fitness Facility

**PAULA BROACH**  
HUMAN RESOURCES



**What motivates you to stay healthy?**

My family.

**Why is coming to the Better, Healthier You Fitness Facility important to you?**

It helps me stay motivated to work out because it's convenient. I am already on campus and it's easier to stay after work to attend a class. It's extremely hard to go back out to a gym once I am home. Also, it's nice to work out with my co-workers.

**Favorites:**

**Quote:** "I get paid in eye rolls". This is something pilates instructor Pam says when she is working us hard.

**Food:** Pizza

**BHYFF Activity/Program/Service (past or present):** Yoga - group classes