

## **Jenny Beitz**

Jenny Beitz is one of the Women In Training program participants. Jenny's good friend Lisa had participated in the past and told her that it is a great event, so she decided to join in on the fun! Jenny says the best part of the program is that "there is no pressure to keep up with the guys."

Jenny enjoys running. It makes her feel that she can handle anything that life throws at her. Jenny also believes it makes her a positive role model for her five children. She plans to continue her new found fitness routine and workout with her youngest daughter who is 7 and has Down syndrome, to help her with weight control when she is older.

Jenny is truly an inspiration to all of us!