



# Amanda Gibeau

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Strategy & Business Operations

*I exercise because it provides a much needed mental and physical break in my day from my desk and computer screen. Exercise gives me an overall feeling of contentment and accomplishment. I enjoy when the weather is nice and I can get outside to get some fresh air as well as when I participate in group exercise classes in a fun social environment that also motivates me to push myself. I especially love staying active with my family - it combines quality family time with an added health benefit! Amanda in picture with her son after running a 5K last Fall :)*

