



Celia Jarest

Specialist, Quality Assurance

I've personally struggled with maintaining a healthy and fit lifestyle. Finding a rhythm and staying consistent is a daily challenge. It often takes me years to reach a point where I feel balanced both physically and mentally. I'm genuinely grateful for having a gym on-site at my workplace, as it allows me to establish a schedule and routine that I can follow. This, in turn, enables me to focus more deeply on my health. Exercising serves as a means for me to release stress, find solace in my own space, and prioritize self-care. When I lift weights, it serves as a reminder of my strength and capability to overcome challenges. It significantly boosts my confidence and empowers me to keep up with the demands of parenting my kids. Celia

*Celia trains Smart, Hard, and Consistent
Chris*



**Member's
Spotlight**