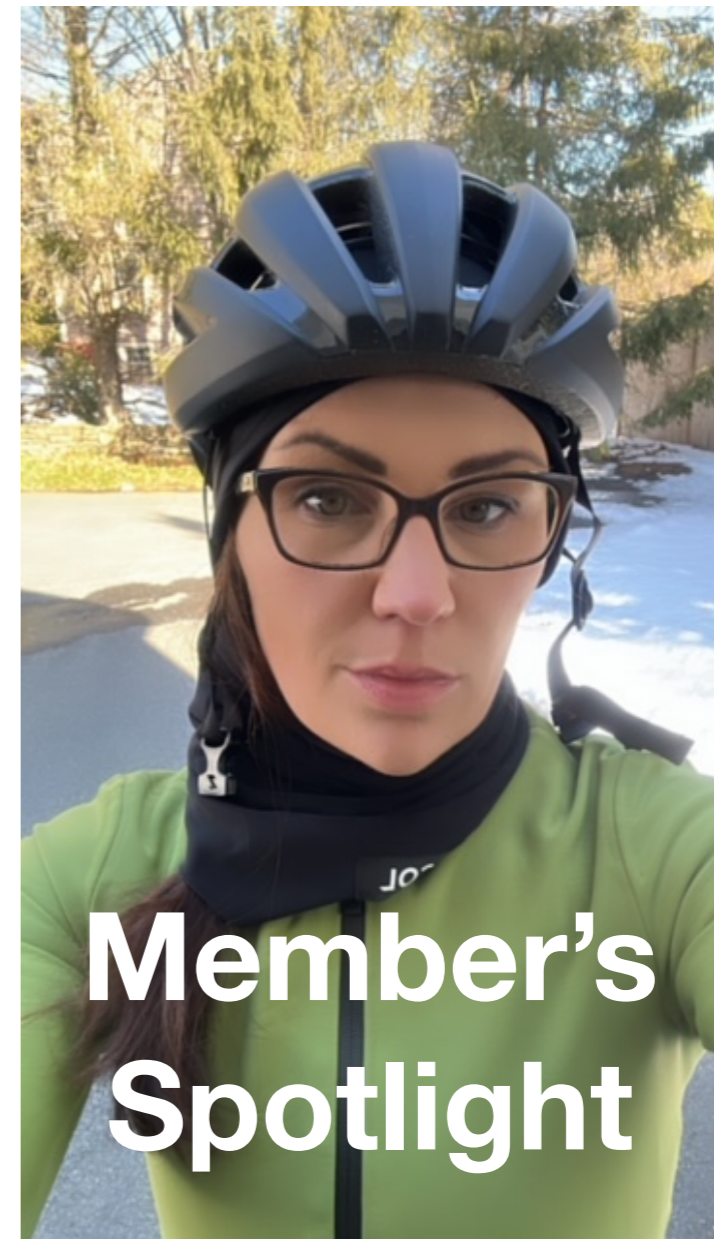




Meghan Sunyar

Associate Director EHS

I exercise for mental and physical wellbeing. It builds reliance and confidence that I'm capable of the challenges I set before myself. "You are stronger than you think you are" or "it's you against you of yesterday" is always a mantra I repeat. Having personal fitness goals helps keep me motivated to keep pushing my boundaries. I'm an avid road cyclist gearing up for my first professional women cyclist race and first century (100 miles) ride in one day, diehard peloton-er and recreational sprint triathlete. See ya in the gym!



**Member's
Spotlight**