



Sierra Charron-Smith

Associate Scientist, Molecular Genetic Methods

Congratulations, Sierra!

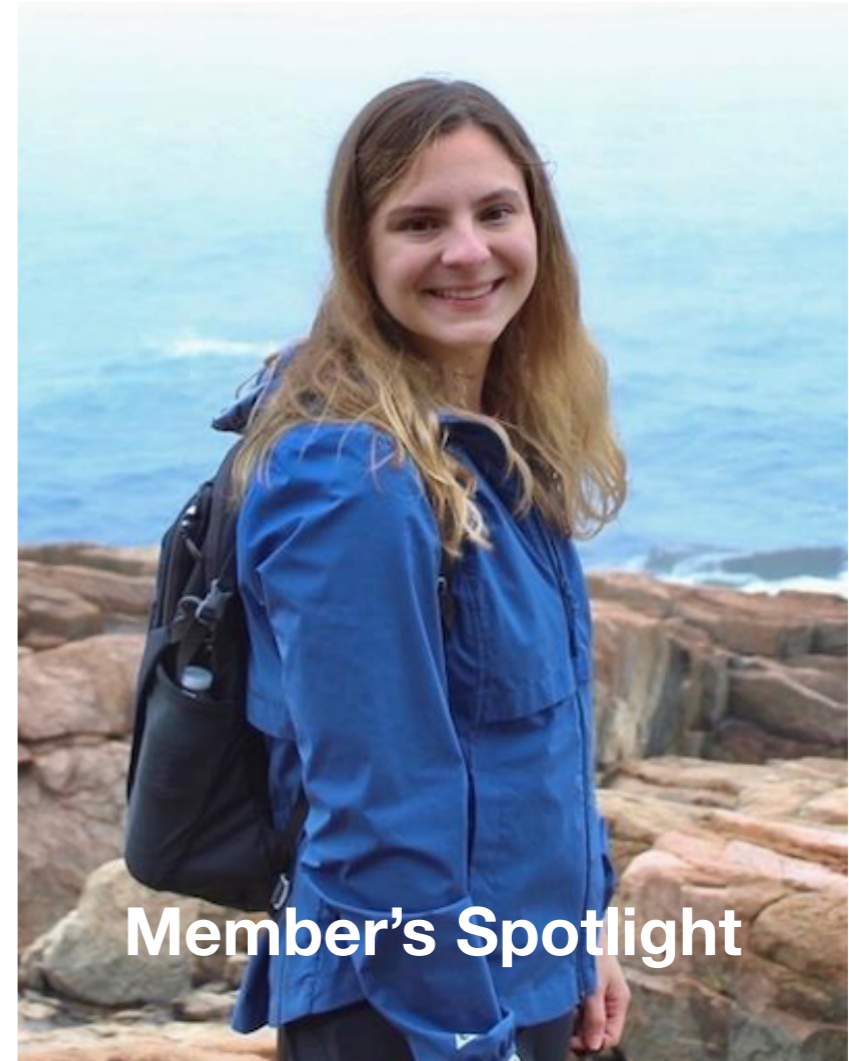
Sierra set a goal to achieve the I Am xFit standard in the 5K, and she did it! A former high school cross-country athlete, she aimed to return to running and worked through some lingering leg issues with consistent and smart training. Her dedication has brought her close to the times she posted when competing in school.

Now, with this milestone behind her, Sierra is determined to beat her all-time bests. She continues to work hard and train intelligently, combining strength and conditioning at the BMS fitness center with road running.

I'm confident she'll surpass her previous records. Congratulations again, Sierra!

To all: Define your fitness status, measure your progress, and strive for improvement by using the I Am Fit Self Tests. Compete with yourself, and keep pushing to be a more fit you. VUse QR code to visit I am Fit Webpage.

From Sierra: There are many reasons why I exercise, ranging from the physical and mental health benefits, to getting to set personal goals and achieving them. Growing up, I have always been athletic, and I would love to continue that trend throughout life and even into old age for all the benefits it brings.



Member's Spotlight

