

GABRIELE

FITNESS & PERFORMANCE



A Client Who Inspires Me:

Diane Carr

by Tom Langton

One of the best parts of my job is the variety of people I get to interact with on a daily basis. I have the opportunity to train people of different ages, backgrounds and with different goals. It is a very cool thing to be a small part of someone achieving their goal, whether it is losing body fat or making the JV basketball team.

Today, I would like to spotlight one of those people, a client who inspires me to do a better job and keep learning. Diane Carr was one of the first fitness clients I had the privilege of working with when I started at GFP. Diane and her training partner and good friend, Bonnie, were two of the original clients at our facility. Diane and Bonnie were great from Day 1. They made my transition at GFP so much easier and put their trust in me from the start.



The Longest tenured training partners at GFP
Bonnie and Diane

When Diane first walked into our doors, she was simply looking to get herself healthy, but around here, everyone we train is an athlete of some kind. Most people start their athletic careers at a young age and retire early. Diane started her athletic career at the age of...well...

lets just say it was later than most.



Diane was one of GFP's 1st Before/After Models

Her first competition was 2 years ago at the Susan G. Komen 5k. Before this race, Diane had never run further than 1 mile at a time. She trained hard for the race and pushed herself across the finish line. Even though she tried to talk herself out of finishing with about 1/2 mile to go, we got her across the line. She told me she never thought she could make it (that was 3.1 miles) . Currently, Diane is training for this fall's NYC Marathon (26.2 miles).



Diane and I after finishing her 1st 5k

That's the inspiration, her constant desire to push herself a little further everyday. Over the past 2 years Diane has caught the running "bug". She continued to push herself through 5k's on the weekends, she then ran in the Long Branch Half Marathon and the Disney Princess Half Marathon.

See, the other inspirational thing about D is that she doesn't just run, she raises boat loads of money for various charities every time she does an event.

That is why Diane inspires me. She works crazy hours in a high stress job, is an amazing mother and wife and still shows up 3 times a week at 7am to train, rarely missing a session. Every time I want to feel sorry for myself or complain about going to work or training, I just think about Diane and all the hours she spends at her job, yet she still works her butt off and stays motivated on a daily basis.

Diane doesn't know I'm writing this and she certainly didn't ask me to give her a plug, but I will anyway. In typical D Carr fashion, she isn't running the NYC Marathon for her own glory,

she is doing it to help others. Diane is part of Fred's Team. Fred's Team is an organization that raised over 42 million dollars towards cancer research since 1995. Diane has already individually raised over \$5,000 dollars, but her goal is \$10,000. So if you're interested in donating, click the link below, every little bit will help.

Thanks for the inspiration D and I look forward to seeing you cross that finish line in November.

[CLICK HERE TO DONATE TO DIANE](#)

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