

APWU MEMBER SPOTLIGHT - ANGELA MACK

GMF postal clerk Angela Mack says “Our health is our wealth”. She is so devoted to fitness that she is a group fitness instructor; online health and fitness instructor; and teaches at 4 different gyms around Phoenix. She says “I love doing this in the evenings and my days off.”

Angela’s road to fitness instructor began like this... After working out in the gym for years, she decided to change. Instead of TAKING classes, she would TEACH classes. She would be the one inspiring others to get fit and healthy. Instructing would be a fantastic way to keep herself and others accountable. Besides, there are other perks too - getting paid and free memberships.

Even though Angela taught classes like cardio-kickboxing, she felt chubby. She decided to add a weight training program. That really helped her tone up. Next, she wanted to lose 25 pounds. That’s when she started an online workout with a meal plan, healthy shake, and an online accountability group which was run by a coach.

Motivation from the coach and group members helped her lose 26 pounds in a year. Angela was so pleased with her experience, she became an online health and fitness coach, and group instructor. Angela enjoys helping others learn how to become fit and healthy.

Angela calls herself “a Postal Worker Fitness Instructor”. She says, “My passion is helping people with their healthy lifestyle because exercise and healthy eating is natural medicine.”

If you would like to learn more about Angela Mack’s health and fitness programs, email kickbxgrle@aol.com.