

## **Amanda Thacker**

I am married to Shannon Thacker. He is my best friend and the best husband any girl like me could wish for. I am blessed with two daughters Kendra (22) and Kelsey Hassell (21) as well as a step son and daughter Dalton and Dakota Thacker who are 22 year old twins. I am extremely close to my girls and spend as much time with them as I can. I became a grandmother this past March when Kelsey blessed me with baby Chase. He truly is the greatest joy of my life and I love nothing more than spending as much time with him as I possibly can.

I am employed by Atlantic Logistics, a 3PL (Third Party Logistics) Company. We help our customers with the logistics of getting their products to the customers via truckload (flatbed, van, LTL, Refrigerated and specialized trucks).

I have always been a runner and never had interest in joining a gym, as I did not care for the “feel” of gyms I had tried in the past. I have done several 5K-10K style runs with my sister, which now lives in Orlando. Kendra works out at a CrossFit gym and tried to talk me into that, but I knew for sure was not for me. At age 57 my dad passed away from Alzheimer’s disease and my mom’s health has not been the greatest, so I knew I had to do something to help me stay in shape both mentally and physically. Kelsey talked me into joining Genesis just over a year ago. At first glance I really didn’t want to, as I have never been a big fan of the general atmosphere of a gym and had no idea how to use any of the equipment. We both joined Genesis so we could go and learn together. This was one of the best decisions I have ever made. I now look forward to going to the gym every morning where I am greeted by the sweetest people who encourage and motivate me every day. I love the “family” and community feel of Genesis and I feel great about starting my day off with exercise before tackling the daily stresses of the corporate world.

My current mission is to be the healthiest version of myself. I now have a new awareness and appreciation for physical fitness and overall health.

My favorite quote: “You learn most lessons from life’s hardest knocks.” -Conway Twitty