

Amy Warmke

I grew up as an Air Force “Brat”, the eldest of 3 kids. When my Dad retired from the Air Force and took a job with the Florida Board of Bar Examiners in Tallahassee, we then considered Tallahassee “Home” for over 40 years. I went to college at Florida State University for a couple years and then transferred to a college in Mississippi to finish up my degree. Out of college, I spent almost 30 years in retail with 2 different retailers and grew with both companies in positions of Area Manager, Buyer, Store Manager to District Manager.

My husband, Jim and I have been married for 18 years and lived in Orlando. We ended up moving to Melrose in 2004, after driving around this area, looking for farm land. Jim was pursuing his dream of owning a farm and this area was central in my District of Stores, at the time. He is a “computer geek”, so he could work from anywhere. This area was perfect.

I “retired” from retail and being “on the road” in 2010, to run the farm and now I co-own and run A3Farms with Jim. We raise sheep, chickens for meat and laying hens. We are both members of the Meat Sheep Alliance of Florida and attend Farmers Markets at Midway and Orange Park, where we sell our products.

Most of my life, I struggled with my weight. It was always up or down. After losing both my Mom and Dad in the past 4 years and also turning 60, I knew I needed to start taking better care of myself. First I began every morning, with my devotional and meditation. This centers me and gives me strength for the day. I knew for balance I had to change my lifestyle and choose healthier foods. That has helped me take off the weight in a slow and steady way and I feel much better mentally and physically. The second part was strength training. I had stopped going to the gym when my Mom got sick. After my Dad passed, I went to Todd and asked for a recommendation on a trainer and rejoined Genesis. I have been blessed to have Mary Lowery as my trainer for the last year and a half. I have gotten so much stronger with her training me two days a week. She herself, is such an inspiration and always has such a great “can do” attitude. She pushes, but then knows when to back off, to avoid injury. She is a true professional. I then added in two days of my own on the machines plus 30-45 minutes on the treadmill 5 days a week for cardio. Mary and I exchange so many great natural health tips, which has been fun too.

The people I have met at Genesis have been so awe-inspiring and supportive, that I look forward every morning going for my workouts. Thank you to Todd and his staff for creating such a great environment for all. I am a stronger and healthier person because of it. I thank God every day for the blessings in my life.