



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KELLY PORTER

About Kelly

- Kelly is a Respiratory Therapist and works for St. Mary's Hospital.
- She is newly married to Timothy Porter!
- She has two step-sons who are 17 and 20 years old.

Why She Loves the Y

Kelly started working with a personal trainer in 2000 to help her with emotional eating and yo yo dieting. She hoped a personal trainer would help her meet her health and wellness goals. Her experience with Corey Little and Orlando Green at the Y changed her perspective on what it means to be healthy. "One of the most valuable things that Corey taught me is balance, but not only with food; with working out as well. No matter how many times I would fall down, Corey would get me back up. With his approach I've learned to hang with my workouts no matter what the scale says." Working with Orlando was intimidating at first, but now she feels ready for any challenge he sends her way. "With Orlando I've learned to toughen up, stop whining, and love the burn! One of his quotes that has stuck with me is be the strongest version of yourself." Kelly shares, "I love coming to the Y because everyone there makes you feel welcome and part of the family. I've met a lot of inspiring people who have been on the fitness journey for a very long time and I can respect and appreciate that. Fitness is not just what I do, but it's a part of who I am and I couldn't imagine my life without it."



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