



Lainy Noonan and Anne Carr

How do these friends motivate each other?

For me, exercise has been a priority for the last 20 years; and I've known Bridgit for 10. Her innovative approach to exercise caught my attention. She was full of energy and she challenged me. A few friends, including Anne, joined me in my sessions. With Bridgit's encouragement, we began training for half-marathons and triathlons. Having a workout partner has tremendous benefits. You not only have a commitment to yourself but to your partner and trainer as well. Anne and I followed Bridgit when she started B-defined. We knew that if we wanted to challenge ourselves, stay interested and continue to grow in our abilities, Bridgit was the one to move us.

Lainy Noonan

Growing up, I played many team sports — basketball, field hockey, track. I love to compete, but what I most enjoyed was the social aspect of exercise. Personal training sessions can be very challenging but fun, especially with a partner like Lainy. When we think we can't go any farther, we help to push each other along and have a good laugh along the way. Having a workout buddy helps motivate me to work harder. Without her I probably wouldn't have made it into the studio. I have enjoyed working with Bridgit over the years. With her encouragement and knowledge, I have pushed myself farther physically than I thought I could.

Anne Carr

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