

Putting her focus on fitness

Wellness-centered businesses keep Windham mother busy.

By **JULIA K. AGRESTO**

For Susan McInnis, fitness is a bit more than just another part of her everyday life – it's her job.

McInnis, 42, is the owner and president of Fitness Management Resources in Windham, as well as Windham Pilates & Wellness Center, which she took over from the former owner last July.

Fitness Management Resources has been around for 12 years and has a good corporate reputation and following throughout New England. The company provides design and management of corporate fitness centers for individual corporations, as well as sometimes providing group instructors for a company's employees.

"I have belief in what we do and think we're one of the best companies out there, but we've been very fortunate," McInnis said. "We've re-signed every contract that we've had since we've started and just continued to provide very comprehensive programs with exceptional staff and keep the employees healthy and keep them coming in, and that's what it's about."

Clients include Phillips Medical Systems in Andover, Mass., and Life Is Good in Hudson. McInnis' husband, Kyle, a professor in exercise science at UMass Boston, co-owns the company.

There are countless benefits to corporate fitness programs, McInnis said. Worksite wellness can be used as a recruiting tool for potential employees, as well as an indispensable fitness tool for current employees. She said many people likely wouldn't work out at all if there wasn't a place at work that allowed them to do so, because they just don't have the time or the money. Worksite wellness, however, offers convenience and may be included in an employee's benefits or paid for by the employee, depending on the company.

It's McInnis' other business, Windham Pilates, that is currently taking up more of her time, though. This is because it is a newer business and needs more attention.

In addition to Pilates, the studio also offers yoga, Zumba dance, weight training and a variety of children's programs.

Like many women, McInnis juggles the stresses and responsibilities of a busy life as a married mother



Courtesy Photo

Susan McInnis makes fitness her business with two endeavors in Windham – Fitness Management Resources and Windham Pilates & Wellness Center.

of three children, and owner of not one, but two businesses.

"It's a challenge. Definitely having a great staff at both companies and having a supportive family helps," McInnis said. "I think wanting to go to work and liking what you do makes a big difference. It's not a chore for me; it's always something different every day."

She said making time for fitness and health – whether it's your job or not – is important. It is a matter of making the time every day, even if it's only a few minutes here and there.

It's all about prioritizing, McInnis said.

"Everyone is busy, so I think it's just a matter of looking at your day and deciding, 'What can I do to get some exercise in here?'" she said. "I think some people feel if they can't get to a gym and spend an hour that it's not worth it. But every little thing that you do is going to make a big difference." ♦

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