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The Turtle Creek News

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QUESTIONS ANSWERS

With
Colleen Glenn

All Star Fitness Guru And Advocate Of Pilates Celebrities, Socialites And Physicians.

By Sally Blanton

Personal trainers...a trend in the '80s, has become more main stream today.

Seems as if everyone either has one or is one. Colleen is one of the best according to *Vogue Magazine*. She can be found at Goodbody's teaching Pilates, a technique that balances and strengthens muscles and joints.

"Bye, bye burn. Hello, Balance" is one simple description.

Developed years ago by Joseph Pilates, the program remained the secret of famous dancers for the longest time.

The secret has been out a while and it is hot, really hot in Dallas. Hey, if it's good enough for Don Henley.

Colleen, a west Texas girl and former ballerina, ended up in Dallas eleven years ago after being recruited by an athletic club.

Today the busy mom zealously about fitness.

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COLLEEN GLENN

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• Where and when were you born?

In the oil country of Odessa, Texas. 1960.

• What did your parents do while you were growing up?

They were the busy parents of six children. Mother was a talented artist and my father was V.P. of General Tire. Being entrepreneurial, he eventually ventured out on his own.

• What were you like as a teenager?

A big tomboy. I had four brothers who couldn't get anything over on me. I was very focused, determined. (My dad would say stubborn.)

• Tell us about your siblings.

We had so much fun growing up! Always someone to play with, or harass! While there are common "Glenn" traits among us, we are still very different.

• Where have you attended school?

University of Houston and Lamar University.

• What advice would you give a 20 year old?

Get a mentor, someone whom you can relate with to share your dreams without judgement.

• Any powerful lessons handed down from your parents?

Working hard can help erase inequalities in this country.

• Is there a valuable lesson you have learned on your own?

Working efficiently is better than working hard.

• What do you really love about your career?

Seeing my clients change their bodies and how their thinking changes. It is so re-



*"...It Was Serendipity
When I Realized I Had
Fallen In Love..."*

• What is another career at which you would excel?
Choreographer. Or teaching ballet/dance.

• Where did you meet your husband?

In an obscure vegetarian restaurant in Houston. I first told him he was too old and not my type. It was serendipity when I realized I had fallen in love. He calms my soul and our value systems are the same. He is just a beautiful person.

• And you have a son?

Landon is four. My greatest gift and teacher.

• Is there anyone you would like to trade places with for a

• How would you describe a great Saturday night?

Cards or dominos with my husband, family and friends. Or just a few hours alone with him. Who knows what would happen!

• What do you do to de-stress?

Read, workout, meditate, and pray.

• I guess that has caused you some guilt, considering your job. What books are on your bedside table?

A variety. "The Seven Habits of Highly Effective People", "The Art of Sexual Ecstasy", "The Joy of Boys", "The Occult Significance of Man". Anato-

• What is the most interesting place you have ever visited?

Shiobara, Japan.

• Favorite junk food?

I love pastries.

• What is something you wish you could do?

Have better writing and computer skills. Also have my own exercise TV program.

• What is a big waste of time?

Me trying to fix anything mechanical or electronic.

• What is a big mistake you seem to repeat?

Getting too busy to do what I committed myself to do.

• What is one of the worst problems facing our country?

We are the most obese country and this causes huge problems on our health care system. Also teaching kids consumerism without respect for the environment.

• What was the biggest news story during your life?

Men on the moon.

• What do you regard as a complete mystery?

The mystery of Golgatha and the spiritual journey of the human being.

• If you could ask God or your Higher Power for one thing what would it be?

For the ability to keep serenity and connection with the cosmos at all times. Egotistically I would ask to see the future of my life to its ending.

• What is your idea of perfect happiness?

That moment when I feel appreciative of everything I have and know everything is taken care of. Those brief moments of grace. When balance really works and I am in flow with my life. I feel that way many times after teaching a