

Profiles in Fitness



Katie Bond is an energetic junior at Jeff. While she has many interests, she still manages to stay fit and healthy. One way she stays fit combines her love of horses and exercise. Each day she rides, walks and cares for her 2 horses Dolly and Bella 1-2 hours per day. This provides a great workout! Gymnastics was also a former passion but conflicted with the riding. The horses won out for her time. Three times a week

Katie will run alone or with friends.

She does try to eat healthy foods but will love an occasional fast food meal and a Starbucks. She finds that eating small frequent meals works best for her overall nutrition. Often she will choose water over pop for a healthy drink.

She participates in the “Peers” project which mentors younger students to make safe and healthy choices in their relationships. Of course she likes to shop and hang out with friends. Thanks Katie for being a great example for us both at school and away from school. Your energy and passion for life are contagious.