



By Charles Peeples

PhillyFIT Gamma Girl 2005: MONICA BRESLIN

**Captain, Varsity Lacrosse, Haverford High School
Lacrosse Scholarship to Lasalle College**



WHAT THEY SAY ABOUT HER:

"Determined and goal oriented...leads by example on and off the field... appreciates her surroundings, whatever they may be...at least three times a week she goes from game or practice to physical therapy, then to the gym for another workout...quick wit and great imagination... an absolute pleasure to be with ...always ready to lend a hand...

the constant leader you can look to for anything...very well liked...a friend to all; she is not selective or petty...walks into our classroom each day with a

smile... makes you feel like you are the only person in the room...a very mature outlook...her enthusiasm and love of life never fades...as her coach I appreciate all the dirty work she does to make us a better team...a beautiful person inside and out."

Do you know of a special girl-athlete, someone really extraordinary, who deserves to be our next PhillyFIT Gamma Girl?

For information about our criteria, please go to Links at www.phillyfitmagazine.com



Charles Peeples, whose articles have appeared in numerous fitness and bodybuilding magazines, is a well-known proponent for the "Physically-Advanced Woman" and the promoter of the annual TEAM VALKYRIES FITNESS CHALLENGE (www.teamvalkyries.org). An NSCA-certified personal trainer in Chester Springs (www.your-localpersonaltrainer.com), Charles is also a NCTMB-certified massage therapist. Contact CharlesPeeples@phillyfitmagazine.com