

Fit & Fabulous: Hudson graduate pursues her passion

by sophomore Linsey Tjepkes

Many young boys and girls struggle with appearance and body weight. This was no different for 2018 HHS graduate Hailey Elder.

It first began when she was 14 and developed an obsession with her weight. Her goal was to lose as much weight and be as small as possible.

This resulted in an eating disorder. She didn't want to eat. If she did, it caused her to check her weight multiple times a day. If her weight fluctuated, even by less than a pound, she would work out until she felt she had burned off enough calories.



photos courtesy of Hailey Elder

Elder proudly shares her fitness transformation with others.

During this time, Elder was sick a lot due to the fact that she never ate or took days off from the gym. Her parents noticed and got her help. Even when she got help for her eating disorder, she still continued to get nauseous because her stomach wasn't used to having food.

But, when she turned 16, something changed. Her old obsession led to a new passion. She started to realize she wanted to be a role model in sports like volleyball and basketball. She started lifting more often, which helped her find a fun way to be more healthy emotionally and physically. She was hooked.

"I don't think I will ever be able to stop lifting weights," said Elder. "It's therapeutic to me."

After high school she went to cosmetology school because she thought being a trainer wouldn't have a steady enough income. But, after a semester of cutting and dying hair, she decided to return to her passion for fitness. So, she quit cosmetology school and became a certified trainer.

Over the course of a few months, she be-

came a certified nutrition coach and personal trainer through NASM Fitness.

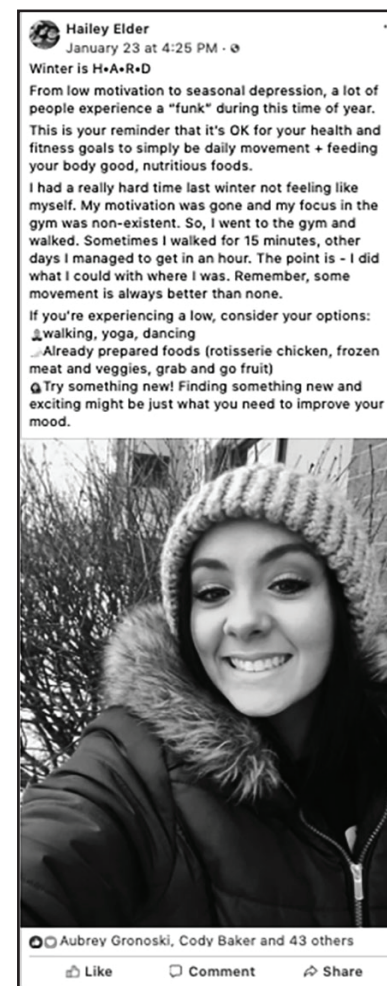
"When I was a senior in high school trying to figure out what I was going to do with my life, I thought I was limited to just one thing," said Elder. "Now I know being a trainer is just one of the many things I hope to do."

Today she offers in-person and online training. She also runs a blog called REALFIT where she writes about health, beauty, and fitness. Elder also uses her Instagram to attract new clients and inspire current ones.

"I think a lot of people lose sight of what it means to be healthy, so I use my experience and education to steer my clients and small community of followers in the right direction," said Elder.

Along with pursuing her dream as a trainer, she has many other goals: begin public speaking about mental health, confidence, and stepping into passion, write a book, open a gym, have an activewear line, and lastly start a program/camp for young women that revolves around being strong mentally, emotionally, and physically.

"I want to help as many people feel good about themselves and what their body can do as possible."



Elder regularly provides insight on her healthy lifestyle in Facebook posts.

Modern mommy inspires with blog

by sophomore Madison Michael

Paraeducator, former journalism student, and Hudson Class of 2013 graduate Jordan (Kelly) Doland created her blog, *What Mama J Has to Say: Spreading Grace, Love, and Joy*, with the purpose of sharing her life experiences and struggles so to help others. She has done just that.

"I just want people to know that they are loved and (they) have a voice, too," said Doland.

Doland published her first post in August of 2017. In it she writes often about her faith, family, mom life, self-care, tips to improve everyday life, and finding joy.

Blogging has become an outlet for her.

"It has helped me by getting out how I'm feeling, (by) being able to open up about my struggles and what helps me through them," said Doland.

Doland's favorite post is the one she wrote about postpartum depression, something she battled after the birth of her youngest child, Iris. She dealt with the postpartum depression for most of

Iris's first year of being born. Writing about it helped her open up about the subject but, perhaps more importantly, let her know that she wasn't alone.



photo courtesy of Jordan Doland

Since starting her blog, she has received lots of feedback from her 60 followers telling her that they enjoy her blogs and have gone through similar things. That makes her hours spent writing or overcoming writer's block worth it.

Doland said, "If my posts can help even just one person, I feel like my goal is accomplished."

Follow Jordan and her journey with her family at <https://mamaj.blog/>.