

House Resolution 1622

By: Representative Sharper of the 177<sup>th</sup>

### A RESOLUTION

- 1 Recognizing and commending Ellen Ector; and for other purposes.
- 2 WHEREAS, with more than 30 years of experience in fitness, nutrition, and training, Ellen  
3 Ector currently serves as co-owner of Gymnetics Fitness alongside her daughter, Lana; and
- 4 WHEREAS, since its establishment, Gymnetics Fitness has earned a well-deserved  
5 reputation as the go-to destination for personal and group training among all ages of Atlanta's  
6 elite; and
- 7 WHEREAS, this fiercely fit exercise icon relocated to Atlanta in 2000 and has since  
8 competed in over 500 road races as well as numerous triathlons; and
- 9 WHEREAS, she has further garnered 177,000 followers on Instagram and popularized the  
10 viral hashtag #blackgirlsworkouttoo, which has led to the creation of 500,000 posts; and
- 11 WHEREAS, beyond her impressive personal achievements, Ellen has dedicated innumerable  
12 hours of her time and energy toward making a difference in her community, including the  
13 spearheading of a walking program for adults with disabilities that yielded remarkable results  
14 in weight loss and overall wellness; and

15 WHEREAS, this distinguished gentlewoman has given inspiration to many through her high  
16 ideals, morals, and deep concern for her fellow citizens, and she possesses the vast wisdom  
17 which only comes through experience and the strength of character which is achieved  
18 through overcoming the many challenges of life; and

19 WHEREAS, she is a person of magnanimous strengths with an unimpeachable reputation for  
20 integrity, intelligence, fairness, and kindness; and

21 WHEREAS, it is abundantly fitting and proper that the outstanding accomplishments of this  
22 remarkable and distinguished individual be appropriately recognized.

23 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that  
24 the members of this body recognize and commend Influential Women of Georgia Honoree  
25 Ellen Ector and extend the most sincere best wishes for continued health and happiness.

26 BE IT FURTHER RESOLVED that the Clerk of the House of Representatives is authorized  
27 and directed to make an appropriate copy of this resolution available for distribution to Ellen  
28 Ector.