

Halle Hillman

Sweat Method, Owner

AGE: 26

WHERE WERE YOU BORN?

Fort Mill, SC

HOW LONG HAVE YOU LIVED IN CHARLOTTE AREA?

5 Years

DURING YOUR TIME VOLUNTEERING FOR A COMMUNITY ACTIVITY OR PROJECT, WHAT IS YOUR MOST MEMORABLE MOMENT?

I used to volunteer for Girls on the Run and it was a great 360 for me being I grew up doing it as well. My mom used to coach for the years I was involved in elementary school, and it not only helped with my physical confidence, but my self confidence in general. I was so excited to be able to give back in the same way to those young girls that helped me.

IN YOUR OPINION, HOW DO YOU CONTRIBUTE TO THE COMMUNITY? PLEASE BE AS DETAILED AS YOU CAN.

For a long time, women didn't feel comfortable talking about body image, eating disorders, or body dysmorphia. As a fitness professional, it's a really hard area to be in without seeing it in some sort of capacity and my goal is to create an environment that makes women feel so empowered, so no matter what their body size is. To give them freedom to be honest about the pressures of our culture to look a certain way or follow a diet for the rest of their lives. I've found so much freedom in being honest about my struggles with all of this so that I can help them feel the same.

WHAT ARE YOUR HOBBIES OR INTEREST?

I love traveling and being with my 2 dogs- Hank & Charlie.

WHAT IS YOUR FAVORITE QUOTE THAT YOU STAND BY?

"No one on earth can do what you do, precisely the way you do it"

CAN YOUR SHARE ONE THING THAT IS ON YOUR BUCKET LIST?

Taking a year off to travel the world

WHEN WAS THE LAST TIME YOU USED YOUR PASSPORT?

HAHA too long ago...

WHAT IS A FUN FACT ABOUT YOURSELF THAT NO ONE KNOWS?

My dad and I went to the very first Harry Potter premier in LA- we flew out, got all dressed up, walked the red carpet, met celebrities, and during the first 5 minutes of the movie, I got scared and made him leave. I'm a huge HP fan now and to this day, I am still kicking myself.

WHO IS YOUR HERO?

My parents. Hands down.

WHAT WAS THE LAST BOOK YOU READ?

Greenlight by Matthew McConaughey

WHAT WAS THE LAST MOVIE YOU SAW?

Jungle Cruise

WHAT WAS THE LAST CONCERT YOU SAW?

I'm more of a Broadway girl- Wicked!

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