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CENTER GROVE ICON

Volume 3 Issue 09

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Hervey work to
instill leadership
and a spirit for
volunteering in
Center Grove youth.
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Paula Hornback

Center Grove resident Paula Hornback competed in her first figure completion in 2011, winning overall champion in Ms. Great Northern in Kankakee, Ill. – at 43 years old. Through the past four years, she's continued to not only improve upon her own fitness transformation, but train others in their health and fitness goals as well.

Now 48, Paula recently completed the Indiana State Championship in Anderson and is a professional level athlete.

"I have a lot of people ask me how I do what I do, how do you work out and eat right all the time?" Paula says, "I say it's the discipline muscle, which develops with time and consistency. When people fall off the wagon on their diet or fitness program, as long as they get back up and on that wagon they will grow that discipline muscle. It's harder to get back up on the wagon than it is to fall."

Paula, who is originally from Fishers, started a fitness spa in 2006 in Brownsburg. She had to close it in 2008, calling her longtime friend, Jerry, to help her. The two married a year after, moving to the Center Grove area in 2009. She started her health and fitness transformation in 2010 after being inspired by another person at the gym who was very fit.

"I started wondering if I could do that myself," she said. "It's never too late. Age is just a number. We have one life to live. It's just making the choice."

Paula says that she has enjoyed the transformation of both her physical and mental self. She says she can remember a time that she and her daughter would be excited for a Friday night when they'd watch TV and eat a pound of M&Ms. Her outlook has changed to see food more as fuel and not as a treat.

"You have to experience it and do it in order to help someone else," Paula says. "I love helping people hit their fitness goals."

Paula has a home gym where she works out and trains clients in her business Body Design by Paula, bodydesignby-paula.com.

She has two children and one grandbaby. She continues stay active daily through weightlifting, cardio workouts, walking or going on bike rides with her husband.

"At this point in time, I decided to take some time off, continue to build the areas that I need to build," Paula says. "It goes back to time, consistency and patience, not getting too excited too quickly. We'll see what happens in the next couple of years. I'll be 50, so I'll be excited to see how I look in two years."

Here, we learn more about our Center Grove Icon of the Month, Paula Hornback:

What do you consider your greatest virtue? Discipline to meeting goals, in particular fitness goals.

What do you most deplore in others? Bullying.

What do you like most about living in Center Grove? I take a lot of pride in our community because it's very well-kept. We have a lot of nice restaurants, family businesses that I like to support. The accessibility to downtown.

If you had to live anywhere else in the Metro Indianapolis area, where would it be? Nowhere. I like Center Grove. It's a very safe place and my family lives here.

If you could begin life over, what would you change? I wouldn't change anything because it got me to where I am at today.

If money were no issue, how would you spend it? Set up a family trust for my family members. Build a facility for homeless and homeless pets. My husband is on the board for Humane Society of Johnson County, so we do a lot of things for pets.

What makes you happiest? Being with my family.

What is your favorite vacation spot? Cancun or South Beach.

What do you do with idle time? Exercise. I also like to relax outside in our backyard, drink coffee and listen to the waterfalls that we have or the thunder if it's stormy.

What is it that makes you angry? Seeing people hurt others, just being mean.

What do you do to escape from reality? I get in a really deep zone with my exercise, but I also like to sit and watch some light-hearted sitcoms like Big Bang Theory.

What or who is the greatest love of your life?

My husband and I have been dear friends for 17 years and married for five years.

Which living person in Center Grove do you most admire? My husband.

We were friends 12 years before we got married. I had opened up a fitness spa and when I closed it in 2008 he came to help me close it, get things out. He's that guy that you call for help. And he's extremely humble.

What is the quality you like most in a man? Trust.

What is the quality you like most in a woman? Timeless bond and empathy.

What is your greatest extravagance? Shoes, massages and Nike attire.

What are your fears/phobias? Heights and flying.

What has been the happiest time of your life?

The birth of my kids, the marriage to my husband and the birth of my new grandbaby.

Which talent would you most like to possess? To be a singer.

What do you most value in your friends? Loyalty and humor.

Which historical figure do you most admire?

I admire Abraham Lincoln for standing for what he believed in taking action to make real changes despite adversity he faced.

What is your greatest regret? April, 1990 I called to reschedule to see my dad from a Friday to a Sunday. He died Saturday.

What tenet do you live by? Christianity.



Compiled by Nicole Davis