



**Name:** Taylor Kolar

**Tell us about yourself:** I co-own TWP Fitness, an all women's fitness facility here in Kelowna with my mom, sister and brother-in-law! I am extremely passionate about all pillars of health and how to best guide and educate women in building sustainable wellness routines, embracing their individuality and have a ton of sweaty fun while doing so!

**What year did you dance?** 2018

**What was your style of dance and why did you choose that one?** Our dance was 70's themed, it was chosen by the wonderful Lucy @ Luki Dance studios as she thought it would be most fitting for my mom and dad- Lisa & Joe Kolar who initially were supposed to dance! Due to health concerns my previous boyfriend and I ended up taking their place and worked hard in attempts to fill some big shoes!

**How did you first learn about Swinging with the Stars?** We have followed COHA and SWTS for as long as they've been around as we have had several loved ones pass under their care.

**What was your connection to COHA at that time?** Years ago our main involvement with COHA was experiencing their immaculate patient care. In more recent years in owning a local, family owned and operated facility, we have had the pleasure of connecting and working with several employees and volunteers of COHA, each one just as lovely as the next!

**What is your favourite memory from your performance?** My favorite memory of the performance was the support from the SWTS team and audience, as well as everyone being under the same roof to raise funds and awareness for COHA.

**Are you still dancing today?** Only when I am vacuuming and mopping the gym!

**What backstage moments stand out to you today?** The connection and encouragement from all participants backstage was so special! It eased all nerves when you were prepping to go out on stage as you knew you had this large crew cheering each and every team on!

**Has this experience inspired you to do other life changing things?** SWTS definitely pushes you out of your comfort zone. It definitely made it easier to say 'YES' to things I might have not done in the past. I think it teaches each of us that life is for a greater purpose, and that it's ok to be silly, own it!

**Is there anything else you'd like to share?** Just that our community here in Kelowna is AMAZING. I encourage each and every one of you to support COHA and other local transparent organizations that work around the clock doing important work in making our community better. Support by raising awareness, volunteering or donating funds if possible for you. Live life outside of your comfort zones, even if it's just little snippets at a time!