



Meet Your Instructor: **Sofia**

About Me:

- I love being outdoors, whether it's running, mountain biking, skiing, hiking, or hammocking
- Former collegiate rower
- Part time ski instructor, so I teach pizza/french fry almost as much as I eat them

Background

I graduated with a B.S. in Biomedical Engineering in 2015 from Georgia Tech and started working at Play-Well in 2016.

What do you love about working with Play-Well?

I like sharing my love of engineering and how things work with kids in camps and classes

What is your favorite Play-Well Project?

- The pneumatic scissor lift!

What Do You Love to Geek Out About?

- Astronomy & Space Exploration - Did you know that Olympus Mons, a volcano on Mars, is about THREE TIMES the height of Mt. Everest???
- Rowing - Did you know the U.S. Women's 8-person boat has been undefeated for 3 straight Olympics?? Pretty impressive considering that during a 2k (the distance raced at the Olympics) a rower is at 98% - 110% of their maximum aerobic capacity for the entire race... feel the burn.
- Math - Did you know the Fibonacci sequence can be used to approximate the conversion between miles and kilometers? The sequence starts as 0, 1, 1, 2, 3, 5, 8, 13... so 3 miles is approximately 5 kilometers, 5 miles is approximately 8 kilometers, and so on. The more you know!