



FITNESS INSPIRATION! Takes True Health to the Limit

by Amy Doza

Fitness Inspiration!, Inc. is a unique place to work toward healthier living. Their motto is, "Believe It, Bring It, Achieve It," and unlike most places where people can only do fitness training and boot camps, Fitness Inspiration focuses on fitness of the whole person, body and soul.

Owner and founder Becca Marino, BS, NSCA-CPT does not believe in using scales to track health; rather she promotes people measuring their health with happiness and energy. She says, "Because being in good health and wellness means feeling our best and functioning our best. When we aren't healthy and well, our quality of life, our relationships, our performance and our emotional health all suffer. Basically, we don't feel good inside or out, which makes it really hard to be positive and really hard to fulfill our purpose."

Her bottom line is: "I believe if more people took care of their health and wellness, more people would have a greater capacity to give, to be patient and to be authentic, and that would make our world a more loving, compassionate and positive place. Being a health and wellness professional gives me the opportunity to pay it forward by helping others achieve their best from the inside-out." Among a number of health and wellness programs at Fitness Inspiration!, they currently offer three programs related to healthy eating:

Intuitive Eating Master Mind Development Program

Starting November 19, a group is

studying the book, *Intuitive Eating, A Revolutionary Program That Works*, by Evelyn Tribole, MS, RD and Elyse Resch, MS, RDN, CEDRD, Fiaedp, FADA, with a dietitian-led group discussion. Participants can learn from others that are being transformed at the same time, and a book and education materials are provided at every session. They will rediscover the pleasures of eating and rebuild their body image.

Highlights include; Make Peace with Food; Free Yourself from Chronic Dieting Forever; Get to the Natural Weight That Fits You; How to Reject the Diet Mentality Forever; How Our Three Eating Personalities Define Our Eating Difficulties; and How to Honor Hunger and Feel Fullness.

Cool-down: Food 4 Thought

Fitness Inspiration! believes in training and conditioning the internal self—emotional, spiritual and mental—as much as the physical body. One way they demonstrate this is by closing each class or session with a mental "rep"—a positive thought, quote or saying. Beginning in November, world-class dietitian Michelle Esposito, RD, LD, CNSC, will be dropping in during the cool-down to spice up the mental rep with the addition of a little Nutritional Food 4 Thought.

Most of the time, people's minds are constantly bombarded with all kinds of information, which doesn't leave much opportunity for mental check-ins. Esposito recognizes the value in taking time to reflect and hopes that her

Nutritional Food 4 Thought tidbits will provide an opportunity for enhanced awareness and clarity, leading to better choices for optimal nutrition in health and performance.

Nutrition Q&A

In this 60-minute question-and-answer session, participants get real facts about nutrition from Esposito by sharing research-based education that will strengthen and increase participants' Nutrition IQ, empowering them with the tools to make the best choices and live a happier and healthier life.



FITNESS INSPIRATION! INC.

*Fitness Inspiration
is located at 7740*

*Trinity Rd., Ste.,
117, in Cordova. For more information,
call 901-825-4883 or visit
BelieveItBringItAchieveIt.com.*

Create an Energy Vampire-Free Zone

Fitness Inspiration! has a sign above the door that reads Energy Vampire-Free Zone, recognizing how much emotional and physical work it requires to:

- Make health and wellness a priority
- Step out of our comfort zone and try a new fitness class
- Do the work that needs to be done, inside and out, to become our best
Stay that way for a lifetime

It is crucial to protect ourselves from energy vampires who "suck" our energy and motivation, which includes being around people that:

- Talk about how unhappy they are with their body
- Are judgmental about the body types of those around them
- Play the comparison game

That includes coaches and trainers that hyper-focus on weight loss, rather than highlighting other important health markers.