

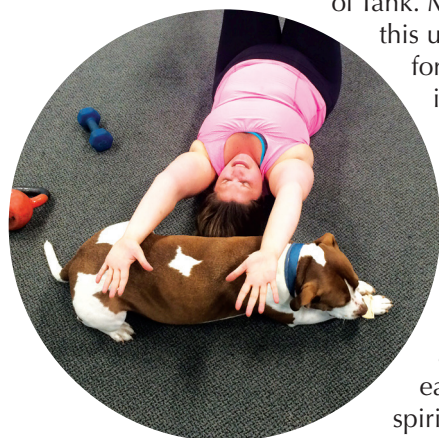


Tank

## It's a Dog's Life at Fitness Inspiration

by Amy Doza

Inspiration comes in many forms and in many ways, including in canine form; at Fitness Inspiration, Inc. (FII), there is a cheerleader like no other who goes by the name of Tank. Most people assume that this unique facility is a place for basic personal training, working out in boot camps and keeping track of clients' body weight.



But owner and wellness guru Becca Marino, NSCA-CPT, created FII from her own view of true health, which is a complete balance of each person in body, mind, spirit and happiness.

On the physical fitness side, Marino uses the idea of working out until a client's "tank" full of energy is empty, and that



was the inspiration for their in-house pet's name.

Tank, a pit bull rescue, has been the motivator and love of all the clients at FII since 2014 and serves as a warm welcome to help new clients feel at home when they arrive.

It was when Marino and a friend were taking a bed, blanket and food to a

homeless dog with newborn puppies that Tank arrived into her life. After searching for 30 minutes, they gave up. But then they spied a different dog running dangerously across the street and used the treats they had intended for the other dogs to entice Tank off the road. They could tell he was malnourished and had obviously been mistreated when they saw a broken tooth, cuts and an electrical wire collar that was nearly choking him. When no one claimed him, she took him into her care and Tank Tabata instantly made himself at home and has been with FII ever since.



When clients arrive at FII, they are often greeted by Tank with a two-legged hug. If he misses that chance, he greets them with a snuggle while they are seated on the floor. "Tank is a member of the FII family, and he is always there to greet you as you come in the door," says Kelly Loy, a client. "It's like coming home. Tank brings a smile to your face, and of course is always willing to get a belly rub. I love that there is no judgment.

You are encouraged to do your best and to become your best."



Perhaps it is the great energy and love of Tank that brought Marino recently moving to a larger facility. Marino says, "We needed to relocate. Bigger is better, right?!" FII is now housed in a freestanding 7,000-square-foot building with three offices, lots of natural light, fresh air and

a huge backyard. Because of her dedication to whole-person wellness, Marino has space for classes to discuss subjects such as nutrition and emotional health, as well as a hot tub, shower, kitchen and break room. She is also in the process of building a Serenity Room for peace and meditation. The large backyard has space for volleyball and beach-themed parties, and she intends to begin a garden in the large, fenced-in backyard soon. Marino envisions this space for the whole person to grow their wellness.

Susan Johnson, another client of Marino's, found great motivation when she saw the unexpected greeter, Tank. "Being part of the FII family has been both exciting and accepting. When I entered the door and saw Tank, I knew that this was a place where I could be 'me' and a place that I knew I would not be judged. Having the opportunity to work with Becca and Tank, as well as the others, has improved my self-esteem as well as my health. Knowing that Tank is getting up and going to work at 5:30 a.m. helps to motivate me to be there by his side and attend class regularly."

Tank serves in many ways; he is a cheerleader, a distracter, entertainer and a helper

when there is equipment to be picked up. Stacey Schultz-Cherry, also a client of



FII, agrees with Johnson, saying, "Becca and Tank make it fun, challenging and never boring. I've been with her for two years and it's one of the best relationships I've ever had."

*Fitness Inspiration, Inc., is located at 1360 Rebel Rd., in*

*Cordova. For more information call 901-825-4883 or visit BelieveItBringItAchieveIt.com.*



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