



memphis health+fitness

inspiring the active lifestyle since 1996

may 2011

GET OUTDOORS!

Local Trainer Becca Marino
talks fitness **PLUS** her
Total Body Workout!

“LUPUS DOESN'T DEFINE ME”

Local Woman's Inspiring Story

FIT MOMS!

3 women tell us how they
make time for fitness

WORKOUT WITH YOUR PET

How to get started

COVER PROFILE

NAME: Becca Marino

AGE: 30

OCCUPATION: BS, CPT, Owner, Fitness INSPIRATION! Inc., Owner, BWV INSIDEOut Inc., Motivational Speaker, Lifestyle Coach

MY TYPICAL WORKOUT: BEST! Me Boot Camp, Trail run at the park and Qigong

TYPICAL DAILY DIET: 80% Organic
Breakfast – Peanut butter and jelly on toast, milk, banana or cereal
Snacks – Tuna, Kashi bar and fruit
Lunch – Spinach salad w/ mixed veggies, dried berry mix, grilled chicken, light dressing, stone wheat or flaxseed crackers, garlic hummus
Dinner – Veggie burger, baked fries, pizza, pasta or Mexican

FAVORITE SPLURGE: Bonefish Grill

WHAT IS BWV INSIDEOUT INC: It's a non-profit movement for Beauty, Worth, Value from the INSIDEout.

WHAT'S THE FOCUS OF THE NONPROFIT: To empower our children with the knowledge, awareness skills and value system that drives them to appreciate their individuality, to accept their responsibility, to use their unique gifts, abilities, and passions to meet the needs of our world; needs that only they can be met by allowing their true self to shine.

WHY DID YOU START THE NONPROFIT: It is the best and most rewarding way for me to fulfill my responsibility to Tikkun Olam (Hebrew for repairing the world).

WHAT MAKES YOU FEEL STRONG: My ability to stay true to myself ,regardless of outside pressure. Oh, and when the furniture -moving studs asked me for help!

NUTRITION TIP: Reject the diet mentality! Honor your hunger and eat mindfully, Remember food is to be enjoyed.

FITNESS TIP: Fitness and exercise can be fun and one size does not fit all. Engage in activities you enjoy so getting 'fit' will be something you look forward to. Play!

5 TOPS SONGS ON YOUR IPOD PLAYLIST:

Stuck Like Glue, Sugarland
Never Give Up, Yolanda Adams
Right Here Right Now, Fatboy Slim
Rolling In The Deep, Adele
Hey Baby, Pit Bull & T-Pain

WHEN I'M NOT WORKING OUT I LOVE: Chilling out with my family and friends, traveling to new places and getting a mani/pedi.

PEOPLE WHO INSPIRE ME: Women who have overcome adversity; turning personal pain and rage into action and positive change .Eve Ensler of the Vagina Monologues and, Malika Sadaa Saar of the Rebecca Project for Human Rights. Also, Abraham Lincoln for his perseverance.

MANTRA: Believe it, bring it, achieve it and never, ever, ever give up.

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