

•MARCH 2024•

GROWING THE TEAM -- AGAIN!

OFFICIAL NEWSLETTER OF FIERCE TRAINING EVERYWHERE, LLC

We've hired a Nutrition Coach

MEET OLIVIA DURAN

Hi, I'm Olivia, or Liv!

I have three dogs that I love exploring with, whether it be the neighborhood or hiking in the mountains. I also enjoy camping, snowboarding, surfing, mountain biking, and anything that gets me outside and moving! I am also an Olympic weightlifter for East Coast Gold and have been nationally competitive since 2016. My background includes a B.S. in health science and a Master's in surgical assisting. I do have a full time job as a surgical assistant, but my love of weightlifting, working with people, and living & eating healthy got me into nutrition coaching. I have experienced in myself how hiring a nutrition coach has made me a better athlete, changed the way I experience & think about food, and improved my overall health, and I love being able to help others do the same!

*TO WORK WITH LIV TEXT OR
CALL @ 757-309-2239*

*HEALTH IS MUCH MORE
DEPENDENT ON OUR HABITS AND
NUTRITION THAN ON MEDICINE.*

THIS ISSUE:

FIERCE NUTRITION
PAGE 01-02

**THE FIERCE YOGI/CERTIFICATIONS &
CECS**
PAGE 03

THE FIERCE RUNNER
PAGE 04

**CLIENT SPOTLIGHT/OCTOBER
CHALLENGE**
PAGE 05

COACH UPDATES
PAGE 06



Precision Nutrition acknowledges that

Olivia Duran

has successfully completed continuing education requirements for the following course:

**Precision Nutrition Level 1,
Certificate in Nutrition and Coaching**

February 5th, 2023

DATE ISSUED

John Berardi
JOHN BERARDI, PHD

Approved Providers and CEC's awarded:

ACE (CEP43516) - 6 CECs | ACSM (691544) - 60 CECs | AFAA (12,045) - 15 CEUs | CDR (157998) - 16 CPEUs | CMP/SPA (2715370-PN) - 10 CPD points
CPTN (94520102) - 14 CECs | CrossFit - 20 CEUs | EREPS - 10 hours | ISSA - 20 CEUs | NASM (838) - 1.9 CEUs





FIERCE NUTRITION

What Nutrition Coaching includes

\$150/MONTH

ORIENTATION

- Client will fill out the Initial questionnaire — background, goals, etc. If you are a PT client of Jill's then Jill will inform Olivia about your current exercise program.
- Olivia will contact you upon completion of the questionnaire to schedule a 20-30 min "meet & greet" via zoom.
 - You will set your 1st set of goals together.
 - You will schedule your weekly check-ins.

TRACKING

- Client will fill out their google sheet daily. Both client & Olivia have access to this google sheet. Jill will also have access if client also receives PT. It is possible, depending on the client's goals, that a food tracker (i.e. MyFitnessPal) will also be used. If a food tracker is used the information will then be transferred into the google sheet.
- Weekly check-in -- review energy, hunger, sleep, life events, etc. Olivia will give feedback and make changes to goals based on that.

COMMUNICATION

- Client can email & text Olivia throughout the week with questions/concerns. She will respond as soon as she can (be mindful of the fact that she is in an OR for long periods of time & it may take up to 12 hrs for a response).
- The weekly check-ins can be whatever the client needs:
 - a 20-30 min weekly Zoom.**
 - a 20-30 min phone call.**
 - a conversation via text.
 - a conversation via email.
 - **clients are more likely to be successful with a zoom/phone call.



*YOU WILL GET OUT WHAT YOU
PUT IN.*



If you don't ask Olivia questions, if you miss your weekly check-ins or if you don't use your google sheet/food tracker you will not be nearly as successful as you could be.

THE FIERCE YOGI

FIERCE Yoga Accomplishments

THANKS TO ALL THAT HAVE ATTENDED A CLASS!

Total of 15 classes taught.

Total of 56 class participants (averaging 4 per class).

Class style #1 = Intermediate Vinyasa Flow (60-mins)

Class style #2 = Deep Stretch, Restore & Relaxation (60-mins)

Currently offering 2 yoga classes per month.

Remember -- NO ONE is too "inflexible" to take yoga!



Our adorable instructor planning class for us! ↗

CERTIFICATIONS & CONTINUING EDUCATION

ACSM (American College of Sports Medicine)

ACSM/NCHPAD INCLUSIVE FITNESS SPECIALIST; 18 CREDIT HOURS

Lessons will cover a range of topics including, but not limited to, basic review of anatomy and bioenergetics, disability advocacy, initial client consultations, exercise adaptations, adaptive training protocols, and other disability specifics that are relevant to understanding proper inclusive exercise prescription and implementation.

DAVID GOLDSTEIN



THE FIERCE RUNNER

RUN CLIENT ACCOMPLISHMENTS

HARD WORK PAYS OFF

Alyssa McDowell

- 10k (Berkeley, California)
 - November 19th, 2023

Andrew Coscia

Kathy Coscia

Steve Brown

Vicki Brown

- 5k (Pennsylvania)
 - September 2023

UPCOMING GOALS:

Alyssa McDowell

- Half marathon (Honolulu, Hawaii)
 - April, 2024

Andrew Coscia

Kathy Coscia

Steve Brown

Vicki Brown

- 13k Aventure Race (Salamanca, New York)
 - April 27, 2024

Andrew Coscia

Kathy Coscia

Steve Brown

Vicki Brown

- Half marathon (Lake Erie, New York)
 - July, 2024



RUN CLIENT TESTIMONIAL

"AT THE AGE OF 52, DREW TOLD ME IT WAS POSSIBLE FOR ME TO RUN A TRAIL MARATHON. WITH HIS PROGRAMMING AND COACHING I WAS ABLE TO RUN A 27K TRAIL AFTER 3 MONTHS AND MY FIRST MARATHON AFTER TRAINING FOR ONLY 4 MONTHS. I FINISHED OUT THE REST OF THE YEAR WITH A 31 MILE TRAIL RUN AND A 50K TRAIL RUN.

A YEAR AND 4 MONTHS LATER I COMPLETED A 50 MILE TRAIL RUN. THE FURTHEST I EVER RAN BEFORE WAS 1 MILE IN GYM CLASS AND THAT WAS 34 YEARS AGO.

YOU CAN DEFINITELY TRUST DREW AND HIS TRAINING TECHNIQUES TO GET YOU TO REACH YOUR GOALS BUT AS HE ALWAYS SAYS, "YOU JUST GOTTA WANT IT!" SO IF YOUR GOAL IS TO GET IN BETTER SHAPE OR TO RUN 100 MILES OR MORE, HE IS THE MAN FOR THE JOB. THANK YOU DREW FOR ALL YOUR TIME AND EFFORTS."

**ANDREW, C.
NOV 2023**

GOALS

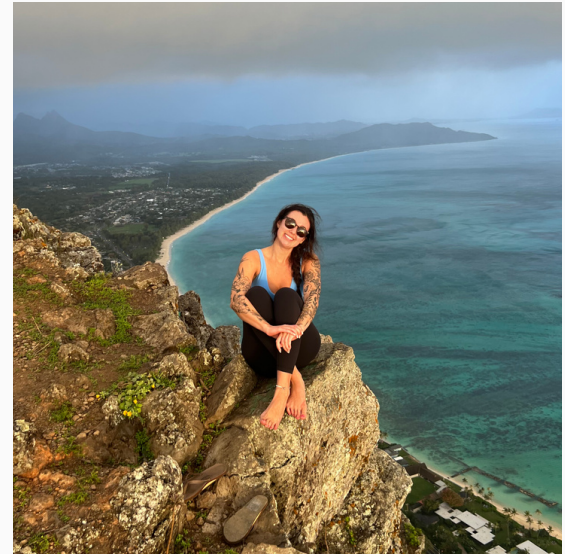
CLIENT SPOTLIGHT -- ALYSSA MCDOWELL

Congratulations, Alyssa!

RUN, NUTRITION & PERSONAL TRAINING CLIENT

Alyssa has been working with Coach Drew, Olivia & Jill to work towards all of her fitness goals including running a 10k, running a half marathon, dialing in her nutrition (specifically increasing her protein & veggies at each meal) & building strength/muscle via weight training. Alyssa receives run programming from Drew, tracks food intake with Olivia & trains with Jill 4x/week for 60-mins.

Alyssa has dropped 1.75% body fat so far (gained 2.7# lean mass), finished her 10k race, is training for her half marathon in April & utilizes tools she's learned from Olivia to fuel this training with proper macronutrients. We can't wait to keep watching Alyssa succeed!



OCTOBER CHALLENGE

30-Day "Hard" Challenge

TASKS:

- 0 alcohol
- 2 x 45-min workouts daily (1 must be outside)
- 0 cheat meals
- 7k steps + daily
- Progress pictures

PRIZES:

1ST PLACE: Won a \$200 prize of choice & an FTE t-shirt! FTE purchased winner a walking pad for her home that folds up for easy storage.

2nd PLACE: Won a \$50 LSKD e-Gift Certificate & an FTE t-shirt!

Erin
Hinson



- Routine morning/evening walks
- Worked w/ a Nutrition Coach & set realistic weekly goals
- 7,000+ steps daily

Jazmin
Sepulveda



- No Mindless Snacking
- Tracked calories to help with ^
- 7,000+ steps daily

Marine Corp Base Hawaii HITT (High Intensity Tactical Training) Competition

FIRST PLACE! -- DREW

For the 2nd year in a row Drew has won 1st place on the base wide competition open to ALL active duty military. Thank you Andrew Siepka for an awesome competition!

HURT Tantalus Triple Trek 30-Miler

SEPTEMBER 2, 2023 -- DREW

Drew placed 14th out of 76 participants. He finished in 5 hrs & 43 minutes.

20 Mile Hike (6,000 ft elevation gain)

34TH BIRTHDAY CELEBRATION -- JILL

On Saturday, September 9th Jill hiked 20 miles solo on Tantalus mountain located on Oahu. Jill trained for 9 weeks for this hike via long weekend hikes (6-16 miles) and short mileage hikes/walks mid-week (3 miles 1-2x/week). Took 7 hrs!

USAW Masters Nationals

MARCH 2024 (RENO, NEVADA) -- JILL

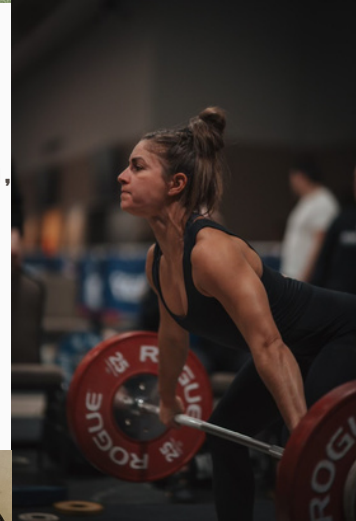
Jill is currently training to compete in the 35-39 year old age group at the national championship weightlifting meet in March held in Reno, NV. Her goal is to bring home a medal. <https://www.usawweightlifting.org/2024usa-weightlifting-masters-national-championships>



USAW American Open Finals

DECEMBER, 2023 (WILMINGTON, NORTH CAROLINA) -- OLIVIA

Liv competed in the 55kg weight class & hit a 152# snatch & a 192# clean & jerk.



FTE hats available for purchase!

ALL AROUND THE US

Estes Park, Colorado
Honolulu, Hawaii
Kailua, Hawaii
Tuscon, Arizona

Virginia Beach, Virginia
Chesapeake, Virginia
Reston, Virginia
Henderson, Nevada

San Diego, California
Eldred, Pennsylvania
New Braunfels, Texas
Larue, Texas