

•FEBRUARY 2025•

WELCOME NEW COACHES-- ZOE & TANNA!

OFFICIAL NEWSLETTER OF FIERCE TRAINING EVERYWHERE, LLC

» Progress

CLIENTS

- Hawaii client, 23 y/o, female -- 1st marathon, half marathon PR, & 10k PR!
- Pennsylvania client, 55 y/o, female -- 21# weight loss!
- Arizona client, 51 y/o, female -- 10# weight loss!
- Hawaii client, 58 y/o, female -- 8# weight loss! 5.625" lost!
- Hawaii client, 27 y/o, female -- PRed her front squat, back squat, bench press, deadlift, overhead press & more!
- 134 participants in virtual yoga -- working to improve their balance, flexibility & more (Averaging 4 yogis per class)!
- Prenatal client, 35 y/o -- had a healthy baby boy on 9/24!
- This is just to name a few!

» New Coaches

ZOE SUTHERLAND PRENATAL/POSTPARTUM COACH

“MY ULTIMATE GOAL AS A PRENATAL AND POSTPARTUM COACH IS TO EMPOWER, ENCOURAGE, AND EQUIP WOMEN FOR ALL THINGS MOTHERHOOD.”

TANNA KIRCHMER “THE TAN YOGI” RYT 200 YOGA TEACHER

““MY GOAL IN TEACHING THIS HEALING PRACTICE IS TO CREATE A SPACE FOR PEOPLE TO LEARN MORE ABOUT WHAT THEIR BODY NEEDS THROUGH BREATH AND MOVEMENT.”



LEARN MORE ABOUT
ZOE & TANNA ON OUR
WEBSITE :)

THIS ISSUE:

CLIENT SPOTLIGHT
CHARLOTTE VERWOERDT
PAGE 02

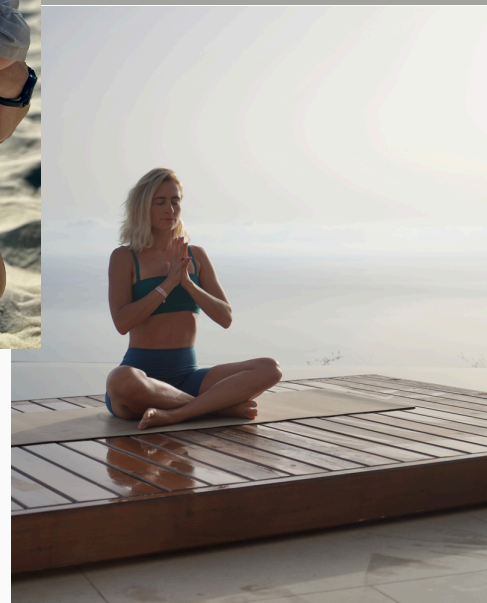
THE FIERCE RUNNER
PAGE 03

FIERCE NUTRITION
PAGE 04

COACH ACCOMPLISHMENTS
PAGE 05

CERTIFICATIONS & CECS
PAGE 06

NEW GEAR
PAGE 07



CLIENT SPOTLIGHT -- CHARLOTTE VERWOERDT

Congratulations, Charlotte!

1:1 PERSONAL TRAINING CLIENT

Charlotte has been working 1:1 with Jill since September 16, 2024. Her program consists of 3 x 60-min workouts focused on getting stronger & increasing muscle mass. Charlotte has PRed her back squat, front squat, bench press, deadlift, overhead press and more! Her waist circumference has decreased and her thigh circumference has increased — we love that!

Charlotte brought her mother-in-law to her sessions while she was visiting for the holidays & they got to perform the “The 12 Days of Christmas” workout together.



Jill believes Charlotte is so successful because she:

- consistently hits her 3 workouts every week.
- typically always performs the higher reps when Jill tells her, for example, to complete 8-10 reps.
- has increased her daily protein intake.
- has increased her daily water intake.
- shows up ready to work hard every session.
- continues to workout throughout the holidays!
- completes the workouts Jill provides when Jill is on vacation.



WE ARE SO PROUD OF YOU CHARLOTTE!

THE FIERCE RUNNER

TEAM FTE HAD 18 RUNNERS AT
HAWAII'S SPARTAN RACE WEEKEND

RUN CLIENT ACCOMPLISHMENTS

ACCOMPLISHMENTS/RACES COMPLETED

Alyssa McDowell

- Marathon (Oahu) Dec 2024
- 19 min PR Half Marathon (Kona, HI) Oct 2024
- 3 min PR Half Marathon (Placerville, CA) Dec 2024
- 5k Spartan Race (Oahu) August 2024

Jordan McPeck

- Half Marathon "Beast" Spartan Race (Oahu) August 2024
 - 37th out of 235 people in group

Vicki & Steve Brown

Mike Jeannerette

Kathy & Andrew Coscia

- Half marathon (Lake Erie, New York) July 2024
- This was Vicki, Kathy & Mike's 1st half marathon!

UPCOMING *GOALS*

Jordan McPeck

- Half Ironman (Ohio) June 2025

Alyssa McDowell

- Half Marathon PR (Oahu) April 2025
- Marathon PR (Oahu) Dec 2025



Some of Olivia's favorite high protein meals

HONEY SRIRACHA CHICKEN MEATBALLS

<https://mildlymeandering.com/honey-sriracha-chicken-meatballs/>

I make this dish with rice & a side veggie.

POTATOES AND GROUND BEEF HASH

<https://spaceshipsandlaserbeams.com/hamburger-hash/>

I add bell peppers and top w/ cheese & sour cream instead of mixing in 2.5 cups of cheese.

SHEET PAN GNOCCHI WITH SAUSAGE AND GREEN BEANS

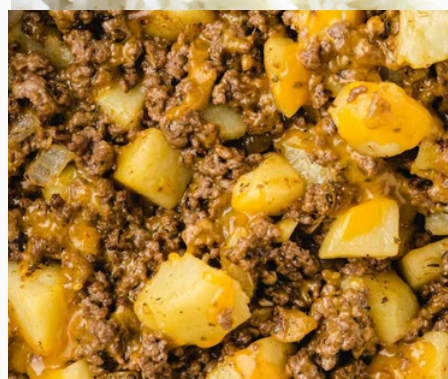
<https://joytothefood.com/sheet-pan-gnocchi-recipe-with-sausage-and-green-beans/>

This one's a new favorite except I double the meat!

EASY CROCK POT CREAM CHEESE CHICKEN CHILI

<https://www.yummyhealthyeasy.com/easy-crock-pot-cream-cheese-chicken/>

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



50 Mile Ultra Trail Race

JULY 2024 (COLORADO SPRINGS, CO) -- DREW

Drew ran the Pike's Peak 50 Miler. He took 20th overall with a time of 12:29:18. The race had >11,000 ft vertical gain.



USAW Hawaii State Championships

JULY, 2024 (KAPOLEI, HAWAII) -- JILL

Jill broke 6 Hawaii state records in the 35-39 year old master's division at this year's Hawaii State Championship of weightlifting.

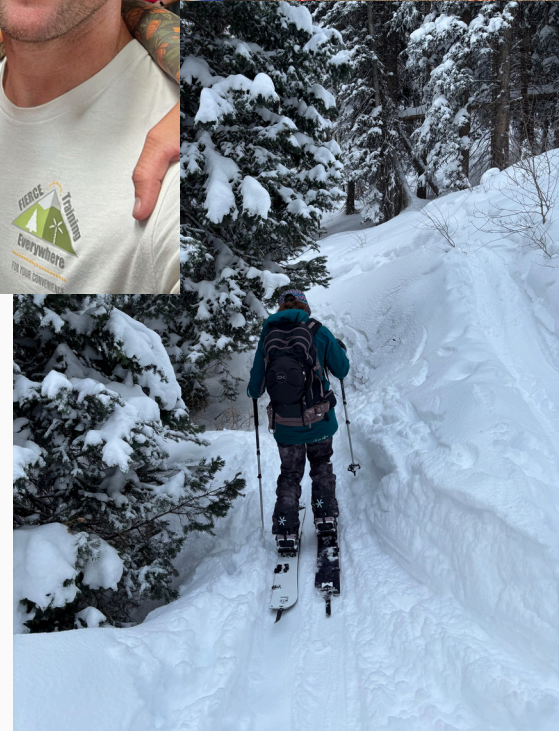
- ✓ 62kg/137# Snatch (masters state record)
 - ✓ 64kg/141# Snatch (masters state record)
 - ✓ 66kg/146# Snatch (masters state record)
 - ✓ 75kg/165# Clean & Jerk (masters state record)
 - ✓ 78kg/172# Clean & Jerk (masters state record)
 - ✗ 81kg/179# Clean & Jerk (Jill missed this lift)
- 144kg Total (masters state record by 16kg)



American Institute for Avalanche Research & Education (AIARE Level 1)

JANUARY 2025 (COTTONWOOD CANYONS, UTAH) -- OLIVIA

Olivia is now certified to play in the backcountry! Olivia's hardest trek was 5.76 mi & 3,078 ft of elevation gain!



Estes Park, CO
Tuscon, AZ
Henderson, NV
Honolulu/Kailua, HI
Nashville, TN
Reston/Virginia Beach/Chesapeake, VA

FTE ALL AROUND
THE US



Eldred/Fort Washington, PA
Shelby, OH
Weehawken, NJ
Winston-Salem, NC
San Diego, CA
New Braunfels, TX

CERTIFICATIONS & CONTINUING EDUCATION

ACSM (American College of Sports Medicine)

PROTEIN REQUIREMENTS TO SUPPORT POST-EXERCISE RECOVERY
1 CREDIT HOUR, JULY 2024

WEBINAR: EXERCISE AND OBESITY MEDICATION
1 CREDIT HOUR, NOVEMBER 2024

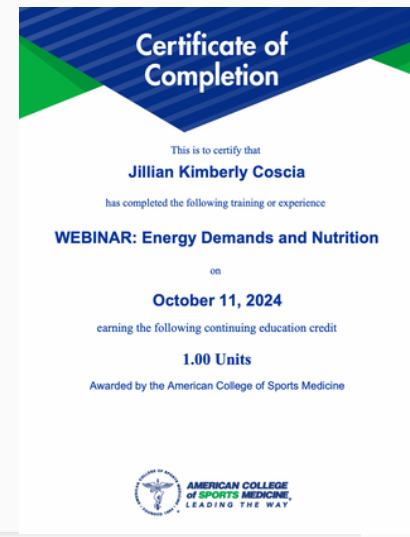
WEBINAR: ENERGY DEMANDS & NUTRITION
1 CREDIT HOUR, OCTOBER 2024

USAW (United State of America Weightlifting)

LEVEL 1 WEIGHTLIFTING COACH
RECERTIFICATION, DECEMBER 2024

FBA (Fitness Business Administration)

SUCCEED! FBA VIRTUAL CONFERENCE & EXPO, AUGUST 2024
32 CREDIT HOURS



Hawaii Edition T Shirts & Racer Backs

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www.fiercetrainingeverywhere.com/category/all-products



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