

•AUGUST 2023•

# GROWING THE TEAM

OFFICIAL NEWSLETTER OF FIERCE TRAINING EVERYWHERE, LLC



## 1st the FIERCE Runner...now the FIERCE Yogi!

### OUR TEAM HAS EXPANDED

If there's one thing I learned as a personal trainer with over 15 years of experience, it's that there is never a GOOD time to begin. There will always be things going on -- tasks to complete, events to participate in whether they're social or work-related, vacations, etc. That is why we must start now & continue to keep the momentum going wherever we are, no matter how much we have going on.

THAT is why I created FIERCE Training Everywhere. So that we/you can accomplish your goals no matter where you are. There is no excuse too large for us to not be able to work around.

THAT is why we've expanded. Because you can RUN & do YOGA anywhere...with zero equipment.

FTE is now offering personalized personal training & run programs & (virtual) yoga.

We look forward to you joining us for class! EVERYONE needs yoga.

"FIND A GROUP OF PEOPLE WHO CHALLENGE & INSPIRE YOU, SPEND A LOT OF TIME WITH THEM, AND IT WILL CHANGE YOUR LIFE."

AMY POEHLER

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EVERYWHERE

FOR YOUR CONVENIENCE

# THE FIERCE YOGI



KEALA HAS TAUGHT NUMEROUS LINEAGES OF YOGA, VARIED STYLES OF MEDITATION, AND MOVEMENT FOR OVER 18 YEARS. SHE HAS LED BOTH SERVICE RETREATS AS WELL AS YOGA AND MEDITATION RETREATS IN THE US AND ABROAD.



## Meet our Yoga Instructor!

KEALA MASON, E-RYT 500, E-RYT 250 +

Keala will be offering 2 types of classes:

Class #1: Deep Stretch, Restore & Relaxation (60-mins)  
Mid-week slow down with deep stretching and restorative poses on the floor with a long relaxation.

- WEDNESDAY, AUGUST 16TH 12PM EST
- WEDNESDAY, SEPTEMBER 27TH 12PM EST

Class #2: Intermediate Flow with Breathwork (60-mins)  
End of the week Friday Flow to de-stress and start the weekend off right!

- FRIDAY, AUGUST 25TH 12PM EST
- FRIDAY, SEPTEMBER 22ND 12PM EST

Class schedules will be emailed out each month & posted on Instagram/Facebook.



## THE FIERCE RUNNER

### We're growing!

The FIERCE Runner has grown to 10 clients located throughout:

- Hawaii
- Texas
- Pennsylvania
- Virginia

### RACES & ACCOMPLISHMENTS:

Andrew:

- Mohican 50 Miler (Loudounville, Ohio)
- Presque Isle Half Marathon (Erie, NY)
- The Big Turtle Trail Run 32 miles (Morehead, Kentucky)

Steve:

- Mohican 50 Miler (Loudounville, Ohio)
- Presque Isle Half Marathon (Erie, NY)
- The Big Turtle Trail Run 32 miles (Morehead, Kentucky)

Vicki:

- Joggin' For Frogmen Team Otto-Eldred Shadow Run 5k (Eldred, PA)

Drew (coach):

- Mohican 50 miler (Loudonville, Ohio)
- HURT Kaena Poiint Firecracker 10 miler (12th place overall-Oahu),
- HURT Tantalizing Tantalus half marathon (10th place overall-Oahu)
- HURT Maunawili Out & Back 20 miler (Oahu)

### UPCOMING GOALS:

Alyssa: 10k

2 clients; 5k in Sept 2023 & half marathon in July 2024

1 client; 5k in Dec 2023

Mande: Half Ironman (70.3) Spring 2024

Andrew & Steve: 50k in Oct 2024

# GOAL Getter



## QUARTERLY CLIENT SPOTLIGHT -- LONNIE LONGWORTH



260.2#  
11.21.16



207.3#  
3.21.23



199.2#  
8.7.23



This is what long-term dedication (& progress) looks like. We couldn't be more proud of Lonnie for putting in the daily efforts (i.e. 3,000 steps daily) to achieve his weight loss.

Lonnie also does weight-training & mobility work 2x/week. His balance & coordination have drastically improved. Keep it up! You are inspiring others!

### CLIENT TESTIMONIAL

A POEM: "DON'T LET THE NAME FIERCE SCARE YOU" →

SOMETHING WAS HAPPENING  
I DIDN'T FEEL THE SAME  
THE OLDER I GOT  
THE LESS ACTIVE, I BECAME

SIMPLE THINGS,  
I COULD NO LONGER DO  
LIKE BENDING OVER  
TO TIE MY SHOE

THEN ONE DAY  
ROCK BOTTOM, I DID LAND  
AFTER PUTTING AIR IN MY TIRES  
I WAS UNABLE TO STAND.

I VISITED A GYM  
RECOMMENDED TO ME  
AND AFTER ONE SESSION  
I WAS ABLE TO SEE

THIS LADY GETS IT  
WHERE I AM SHE CAN SEE  
SHE KNOWS JUST WHAT IT TAKES  
AND WHERE I NEED TO BE.

SO 50 POUNDS LIGHTER  
SHE IS MY TRAINER AND MORE  
AND OH YES, BY THE WAY  
I CAN GET UP FROM THE FLOOR

HER KNOWLEDGE AND CREATIVENESS  
IS NOT THE BEST PART YET  
HER PATIENCE AND CARING  
I'LL NEVER FORGET

IF YOU FEEL LIKE YOUR STARTING  
TO GO OVER THE HILL  
TEXT OR EMAIL  
JUST CONTACT JILL

LONNIE LONGWORTH MAY 9, 2023

## ACSM (American College of Sports Medicine)

IN PROGRESS....

### 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.

Learning Objectives:

1. Understand the need to address issues in the field of health, exercise, and fitness as it relates to people with disabilities.
2. Become familiar with inclusive standards for fitness centers including RESNA (IF), ADA and Universal Design.
3. Develop skills necessary to accommodate people with disabilities.
4. Develop an understanding of how exercise prescription and application differs between different disability groups.



## COACH UPDATES & EXCITING THINGS!

### HURT 100 Miler (24,500 ft elevation gain)

JANUARY 13, 2024 -- DREW?

Drew has applied for the 100 mile race held here on Oahu. This will be the 2nd year in a row that he applies. It's based off a simple lottery system so fingers crossed he gets selected! Learn more @ [www.hurt100.com](http://www.hurt100.com)!

### 20 Miler (6,000 ft elevation gain) hike

34TH BIRTHDAY CELEBRATION -- JILL

On Saturday, September 9th Jill will be hiking 20 miles solo on Tantalus mountain located on Oahu. Jill will have 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).

### USAW Masters Nationals

SPRING 2024 -- JILL

Jill is currently training to compete in the 35-39 year old age group at the national championship weightlifting meet next spring (2024) held in Reno, NV. Her goal is top 3 in the nation.

### FTE Gear

LIMITED STOCK

We still have some unisex t-shirts, ladies' fitted t-shirts, ladies' muscle tanks, ladies' muscle t-shirts & baseball caps.

### Doc Yogi Weightlifting Meet

APRIL 2023, MAUI -- JILL

Jill's 1st weightlifting meet since 2017. Placed 1st in her weight class & hit a 139kg (306#) total. This is the same total she hit at her last weightlifting meet but this time in a lighter weight-class (so more impressive!)

Snatch=64kg/140.8#

Clean & Jerk=75kg/165#



## ALL AROUND THE US

Estes Park, Colorado  
Stony Point, New York  
Kaneohe, Hawaii  
Honolulu, Hawaii  
Kailua, Hawaii

Virginia Beach, Virginia  
Chesapeake, Virginia  
Springfield, Virginia  
Richmond, Virginia  
Nashville, Tennessee

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