



## Fee's FitnessOver40 Run/Walk Pop-Up Group

Fee's Fitness Over 40 Women's pop-up Run/Walk group is Coming to major cities such as: DC, Baltimore, Philly, Atlanta, Alabama, LA, Orlando, Oakland, San Francisco, Omaha, Ne and many more. With over 20 years experience, tools and a proven track record, to get you out of the sheets and onto the street to improve your mental focus, clarity, push out toxins and decrease stress levels; while tightening, toning and strengthening every muscle in your body using your own body weight as a form of resistance.

### WHY I created: FitnessOver40:

It wasn't until I stopped RUNNING from life's obstacles, challenges AND problems- did RUNNING help me to get to the other side to health and happiness. I learned to run **through** instead of running **from**. I created this program (**FITNESSOVER40**) to help other women go from crawling, to walking, onto jogging and then running. After just 30 short days, you will notice yourself soaring.



After the age of 40, women are entering and embracing mid life - realizing it's not JUST a time of a problem, setback or a crisis; but one of creativity, freedom of expression and reinvention. Our needs and desires have shifted from what they were in our 20's and 30's. I created this new concept: moving meditation in 2017, when I began my faith-based movement: **Run...PRAY...Heal**. My mission with this movement is to simply run (jog) for the health and happiness of other people and spread Gandhi's motto of **"Being The Change I Want To See In The World"**

Although I've been an athlete: running track in grade school and junior high, participating in many sporting events for fun, running my first marathon in 2011; as well as a fitness enthusiast for the vast majority of my life, taking up running long distance at the age of 46 in what felt like an oppressive heat and humidity that you get while living in Orlando, FL - proved to be a daunting challenge. I tapped into my inner strength and used my spiritual and physical modalities in order to persevere. I found myself practicing deep breathing techniques; while running, that I learned in my personal meditation practice. This allowed me to transfer the calming and focusing effects of meditation and deep breathing while on my two to six

mile outdoor treks. And Now I am sharing it with every woman, over the age of 40, that comes within arms reach of me

**Moving Meditation** in sneakers. This form of fitness encourages us to move our Fabulous, Phenomenal, OVER40 Physiques in expectation of getting to the other side, where Health and Happiness await us.

There's a saying: "**You have to crawl before you walk**". You also have to walk before you jog and jog before you can run. We work, from the inside/out, to take one step, one trot, one jog, one breath at a time. We're manifesting a healthy, strong mind, body and LIFE. We set our intentions for our day and then, based on each members level, we begin on our physical journey (walking, fast & mid tempo power walking, jogging and running) coupled with affirmations, deep breathing techniques & calistenics) for 65-minutes throughout various outdoor city neighborhoods, parks and hiking trails located right in your very own neighborhood.

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